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metroNEWS

Exiled dog sniffs out nice, new life

SECOND CHANCE

Former Calgary police pooch finds himself in Indiana

Lucie Edwardson
Metro | Calgary

You can't fence him in. Marco, that is.

The former Calgary police canine unit dog was returned to the Denver-based Vohne Liche Kennels after escaping his handler's yard and biting a 12-year-old Calgary boy this summer.

Metro has learned that Marco — er, Roy — has found a new home with the Wabash County Sheriff's Office in Mount Caramel, Ind., and he's up to his old tricks, having already escaped from his new handler once, according to Derek Morgan, Wabash County Sheriff.

"It's the same dog," confirmed Morgan. "We decided to give him a second chance — if you think he needed one."

Marco was removed from service immediately following the bite incident, undergoing socialization, obedience and control testing, as well as recertification, testing above standard.

The Wabash County Sheriff feels the pooch is up to snuff, and has already proven his worth to their team.

Since coming into service for the WCSO a month ago, Roy has been deployed 17 times, leading to 11 arrests.

Back in June, Calgary police chief Roger Chaffin assured Calgarians Marco wouldn't be returning to work in Calgary, but he did indicate it would be up to the kennel if Marco was sent elsewhere.

When seeking out a replacement for police dog Pixel, who failed his WCSO bite test, Vohne Liche Kennel employees selected three dogs from which Morgan could choose. Marco stood out right away.

"By far, he was the best one," Morgan said. "He just ran circles around the other two dogs."

He also says the name change had nothing to do with Marco's past. Roy was the nickname of the sheriff's college roommate who is now deceased, and he felt the renaming was a fitting tribute.

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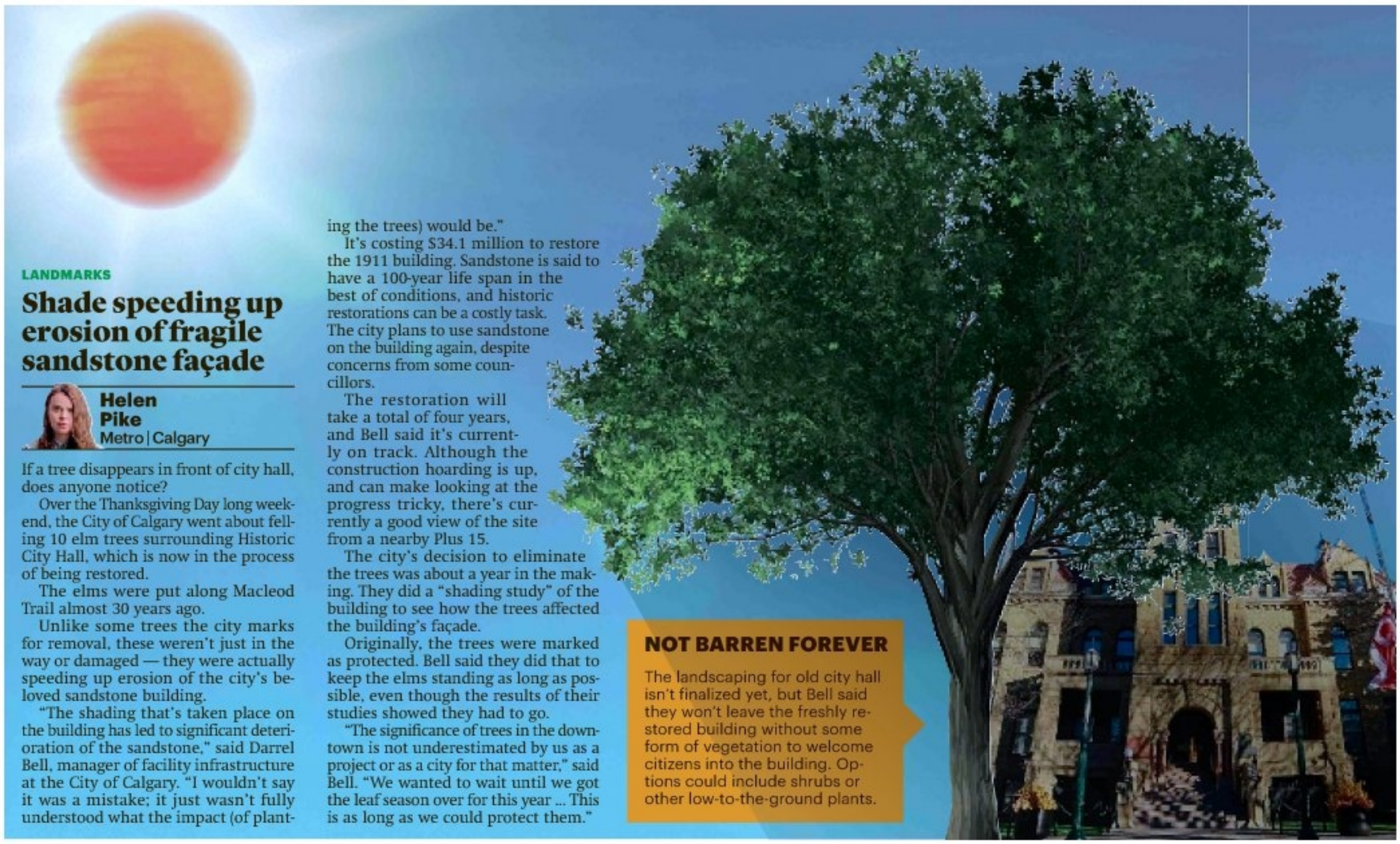
A man's family has been fighting for 14 years for his release from Chinese prison. **Canada**

Why city hall is tree free



LANDMARKS

Shade speeding up erosion of fragile sandstone façade

Helen Pike
Metro | Calgary

If a tree disappears in front of city hall, does anyone notice?

Over the Thanksgiving Day long weekend, the City of Calgary went about felling 10 elm trees surrounding Historic City Hall, which is now in the process of being restored.

The elms were put along Macleod Trail almost 30 years ago.

Unlike some trees the city marks for removal, these weren't just in the way or damaged — they were actually speeding up erosion of the city's beloved sandstone building.

"The shading that's taken place on the building has led to significant deterioration of the sandstone," said Darrel Bell, manager of facility infrastructure at the City of Calgary. "I wouldn't say it was a mistake; it just wasn't fully understood what the impact (of planting the trees) would be."

It's costing $34.1 million to restore the 1911 building. Sandstone is said to have a 100-year life span in the best of conditions, and historic restorations can be a costly task. The city plans to use sandstone on the building again, despite concerns from some councillors.

The restoration will take a total of four years, and Bell said it's currently on track. Although the construction hoarding is up, and can make looking at the progress tricky, there's currently a good view of the site from a nearby Plus 15.

The city's decision to eliminate the trees was about a year in the making. They did a "shading study" of the building to see how the trees affected the building's façade.

Originally, the trees were marked as protected. Bell said they did that to keep the elms standing as long as possible, even though the results of their studies showed they had to go.

"The significance of trees in the downtown is not underestimated by us as a project or as a city for that matter," said Bell. "We wanted to wait until we got the leaf season over for this year ... This is as long as we could protect them."

NOT BARREN FOREVER

The landscaping for old city hall isn't finalized yet, but Bell said they won't leave the freshly restored building without some form of vegetation to welcome citizens into the building. Options could include shrubs or other low-to-the-ground plants.

IN BRIEF

Courts Centre evacuated after discovery of white powder

A suspicious white powder temporarily shuttered part of the Calgary Courts Centre Thursday.

The Calgary Fire Department was called at 11:40 a.m. after a white powder was found on the eighth floor of the court centre. Once on scene, 22 people were quarantined, and the seventh and ninth floors were evacuated while crews geared up in hazmat suits to investigate.

Officials determined the white powder was not hazardous. Calgary police are investigating who may be responsible for placing the substance in an envelope. Anyone with information is asked to contact CPS or Crime Stoppers. METRO

Calls mounting for federal government to speed up judicial appointments

Calls are mounting for Ottawa to swiftly appoint more judges after a first-degree murder charge was stayed in Edmonton because of unreasonable delay in getting an accused to trial.

Alberta MP Michael Cooper, the Conservative deputy justice critic, is urging Liberal Justice Minister Jody Wilson-Raybould to immediately fill dozens of vacancies across the country, including at least nine on Alberta's Court of Queen's Bench.

A jury trial was to begin next week for Lance Matthew Regan, who was accused of stabbing to death fellow inmate Mason Tex Montgrand at Edmonton Institution in August 2011.

But on Friday a Court of Queen's Bench judge stayed the murder charge due to the long delay.

THE CANADIAN PRESS

An artist's rendering shows how 17 Avenue SE East of Stoney Trail could be developed. COURTESY CITY OF CALGARY

Road plan has it all

PLANNING

17 Ave. SE could see BRT continue to city limits

Brodie Thomas
Metro | Calgary

Right now it's basically fields and farmland, but the city already has big plan for the stretch of 17 Avenue SE east of Stoney Trail.

In 15 to 20 years, the road could be converted to a main thoroughfare with room for drivers, pedestrians, transit users and cyclists.

Heather Leonhardt, senior transportation engineer with the City of Calgary, said the 3.5-kilometre stretch of road from Stoney Trail reaching to the city limits will follow the design of the improvements coming to International Avenue.

She said the design was done with the city's Complete Streets guidelines in mind.

Sidewalks will be three metres wide on both sides of the road, with buffered bike lanes in each direction, four lanes of traffic, and two Bus Rapid Transit (BRT) lanes in the median.

"It was an opportunity to really have that type of a corridor because we came in ahead of development," said Leonhardt. "The right of way was mostly there because it was a highway corridor before it was annexed. So we had the opportunity to plan for a complete street."

She said now that the plan is in place and the right of way is known, the city will be able to quickly work with developers when they're ready to build in that area. The city has approved an area structure plan for a community called Belvedere, which will have about 60,000 residents.

She added that the BRT lanes could someday become LRT lanes.

"It's a really long term goal," said Leonhardt. "At this stage, the planning was ensuring it could be converted to LRT. From a design perspective, it could be converted."

The city's report puts an early estimated cost for the project at about $53 million.

Coun. Shane Keating, chair of the city's Transportation and Transit committee, said for now this is just a plan.

"This is a vision of what may be built, and what you have to do is just protect the road right of way. There's no guarantee the road will actually be built according to what the cross sections are anyway," said Keating.

He said development and usage would determine the final plan for the road.

EQUALITY IN CANADA

Study puts Calgary at the bottom for women

Helen Pike
Metro | Calgary

It's still just as tough to be a woman in Calgary as it was last year.

An annual report titled The Best and Worst Places to be a Woman in Canada 2016 by the Canadian Centre for Policy Alternatives (CCPA) is described as "snapshot" looking at women and men's economic resilience, personal security, education, health and positions of leadership in the private and political sphere.

This year, like last, Calgary ranked 23rd out of 25 cities, that's one spot below Edmonton at 22. Calgary ranked high in terms of our female poverty ratio, education levels and leadership roles. Where we really took a hit was the fact that women in Calgary still only earn about 65 per cent as much as men.

But University of Calgary women and gender studies professor Rebecca Sullivan urged people not to get hung up on the city's score.

"The numbers reflect much deeper, much more complex and integrated systemic inequities," said Sullivan. "We can do better in Calgary, but we can't fix these problems one little piece at a time without acknowledging a bigger picture."

She said what's most important is that the city as a whole sets out on their own analysis of gender inequity because it's affecting the city, neighbourhoods and the citizens of Calgary.

Sullivan said the report does a good job at contextualizing distressing data. In Calgary specifically, she said there's a few positive highlights: one being the city is one of Canada's few where women don't hold a majority for living below the poverty line.

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These posters (which we've chosen not to show in their entirety) were put up around the University of Calgary campus. @FORZARAND/TWITTER

Spiteful posters' culprit sought

UNIVERSITY OF CALGARY

School security releases details about person of interest

Helen Pike
Metro | Calgary

The hunt for the person or people behind a mystery anti-Islamic poster campaign at the University of Calgary campus is far from over.

On Oct. 4, more than 40 hateful posters appeared on U of C campus property overnight. They were fixed on doors and the outside of buildings with tape, but quickly taken down by security staff after several students filed complaints.

Brian Sembo, the school's Chief of Campus Security, said there could be real consequences in store for the person, or people responsible — if they're part of the school community.

Students, faculty and school administration gathered to take a stand against the posters collective sentiment: believers in Islam are following a barbaric doctrine.

In the days after, police quickly reported that the posters, although hateful, didn't fit the letter of Canada's hate crime laws.

For Sembo the case is far from closed.

"If it's a student there would be consequences for their actions through the non-academic misconduct," Sembo said. "If it's an employee, that's a human resources issue…if it's a non community member, we're really not looking to welcome them here."

On Tuesday, the school put out a description: they're looking for a black man in his 20s or 30s, standing 5-foot-10. He's described as stocky and was wearing glasses with clear frames, and dark arms. He had a toque with grey and white horizontal stripes, long earflap tassels and a large black pom pom. He was wearing a grey jacket with black sleeves, grey sweat pants, red sneakers and carrying a black Everlast gym bag.

"We really would like to talk to that person because the way they appear on the video tape, from their actions, the time of day, it's all out of place," Sembo said.

The U of C stressed this person is simply a person of interest, someone they need to talk to. They're asking anyone with information to call Campus Security at 403-220-5333 or the Calgary Police Service at 403-266-1234.

ENERGY

Panel to advise on oil's next step

The Alberta government has struck a panel to advise it on the best way to upgrade its energy industry.

Energy Minister Marg McCuaig-Boyd said Thursday the seven-member panel will do research, talk to stakeholders and the public, and report back in a year on initiatives such as upgrading and refining.

"We're going to have them look at all of those options," said McCuaig-Boyd.

"If there is going to be government policy or programs to help with this, we want to make sure we're strategic."

Its co-chairs are Jeanette Patell with General Electric, and Gil McGowan, the president of the Alberta Federation of Labour.

The panel has a budget of $150,000 and it's not clear yet what its public engagement process will look like.

Adding to and upgrading value for Alberta's oil and gas resources has been a cornerstone policy of Premier Rachel Notley's government.

Wildrose energy critic Leela Sharon Aheer agreed attracting investors should be at the top of the panel's agenda.

But she said the current NDP policy, such as the looming broad-based carbon tax, is working at cross purposes.

THE CANADIAN PRESS

> **If there is going to be government policy … we want to make sure we're strategic.**
> Marg McCuaig-Boyd

PARTY POLITICS

Fildebrandt open to uniting the right

Jeremy Simes
For Metro | Calgary

Progressive Conservative leadership hopeful Sandra Jansen isn't surprised to see Wildrose MLA Derek Fildebrandt's willingness to talk about uniting the right, as former MP Jason Kenney makes his case to merge the parties.

Last week, Both Fildebrandt and PC MLA Mike Ellis hosted a conservative pub night.

Ellis has endorsed PC leadership contestant Kenney, who is running on a mandate to unite both parities.

Fildebrandt, who has been seen with Kenney in June, has given no clear indication he's also a Kenney supporter.

"(Wildrose Leader) Brian Jean and I have both said that our door is open and we are willing to talk about uniting conservatives but, right now, the ball is in the PCs' court," Fildebrandt said.

"Until the PCs decide which way they want to go, I am continuing to focus on building the Wildrose Party into a strong conservative force that can win the next election."

Derek Fildebrandt. METRO FILE

Both MLAs have been working together for more than a year to encourage a conversation about the future of conservatives.

However, the PC voted overwhelmingly to rebuild the party, rather than merge with the Wildrose, at its last annual general meeting.

Jansen said the "unite the right" movement is all about having power.

"They want power," she said. "I want to articulate the renewal of a party with principles and visions. A quest for power is really an empty concept."

Aesthetics Today

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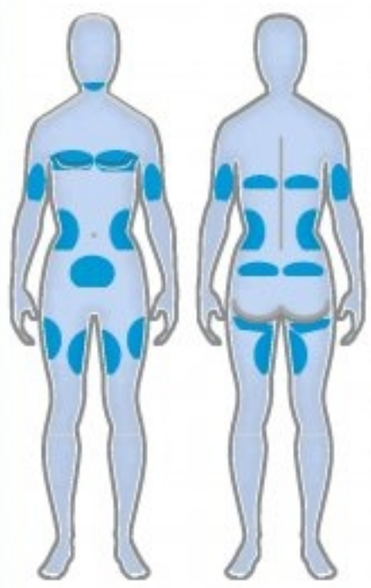

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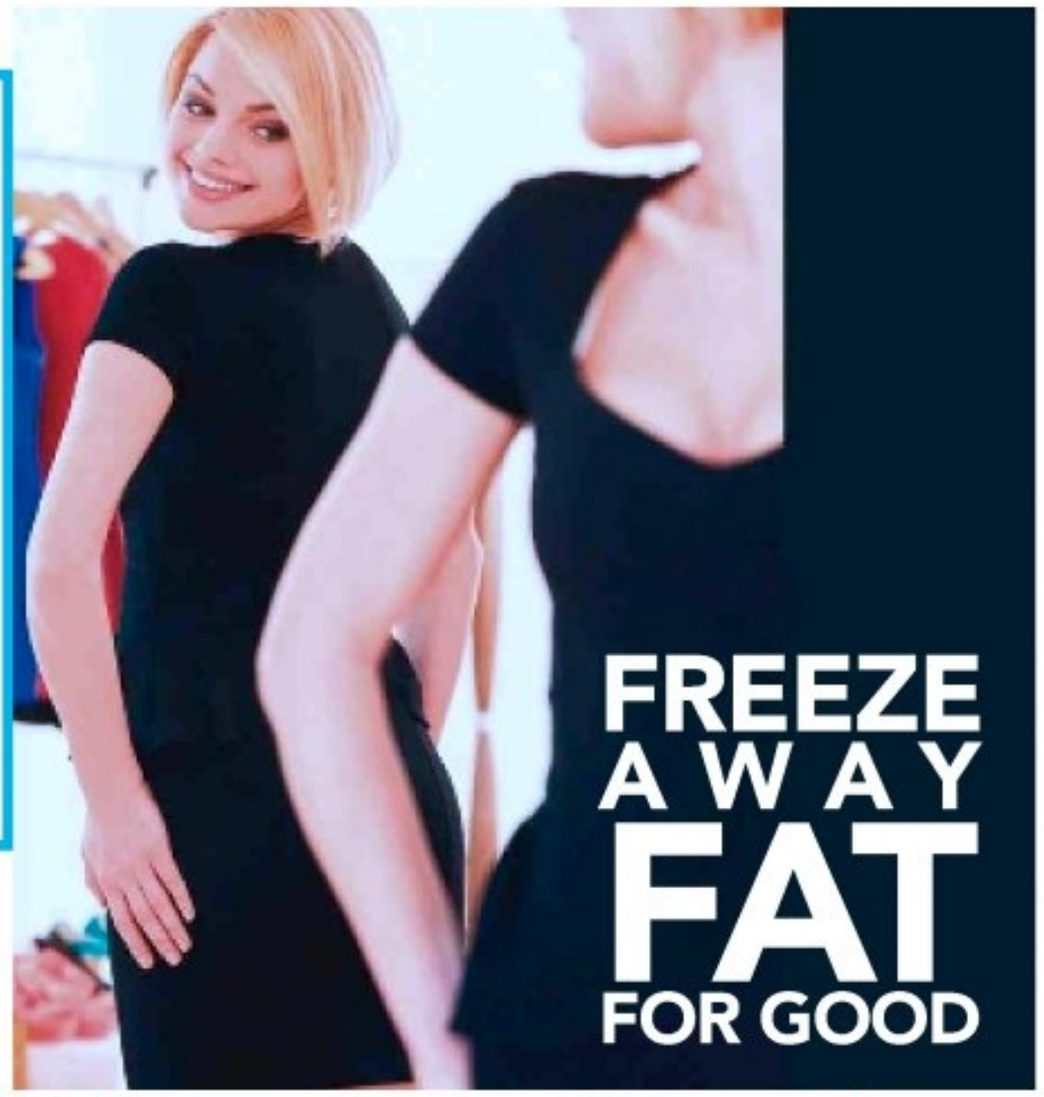

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Chief Roger Chaffin said confidence in and idea of policing is highest for an officer as a new recruit—but quickly dips. Something he's determined to change. JENNIFER FRIESEN/FOR METRO

Integrity the focus, insists police chief

LAW AND ORDER

Video showing officers' assault causes concern for force leader

Lucie Edwardson
Metro | Calgary

Calgary's police chief said after viewing a video of three Calgary police officers assaulting a man in handcuffs, red flags about integrity in the organization were raised for him.

Heading into his second year as the city's top law enforcement officer, Roger Chaffin said he's hoping to address the issue of officer integrity and nip and future problems in the bud.

"It's a very short clip, but what I see there makes me very uncomfortable," he said. "I didn't like what I saw and I couldn't justify what I saw."

Chaffin said integrity is something he's talked about on a broader level with members of the Canadian Association of Chiefs of Police (CACP).

"We did some ethics research nationally," he said. "We looked at where integrity starts to fall apart in policing. What happens to ethics and professionalism over time?"

The chief said you could see very clearly in Canada that the highest level of accountability for an officer, where they feel the strongest sense of integrity, is when they start in recruit classes.

"That's when they feel very empowered by what they're doing, their trust in the organization and their trust in each other," he said. But Chaffin said this confidence begins to dip after a year or two.

"By years five and six their ideas of integrity have fallen off the map — they've really gotten very low," he said. "You have these new employees who are dealing with the difference between what they thought it was going to be like and what they're dealing with."

Chaffin said in the case where the officers were charged following the video, he feels badly the new recruit was put into that situation with senior officers. He said it's situations like that one that corrupt a new recruit's idea of policing.

"When he experiences or sees something like that and they're not met with the same attention to integrity, how do you think they're going to feel?" he said. "It erodes at your own sense of confidence and the confidence you have in your peers."

Chaffin said he can overlay this trending dip in confidence in policing with their training map.

"We have less opportunities to engage our employees and at the same time they're starting to challenge their own sense of integrity," he said. "It does raise over time as they get more senior, but I think the newer employees are the ones I want to pay attention to and what their oath of allegiance really means — what it means to be an officer."

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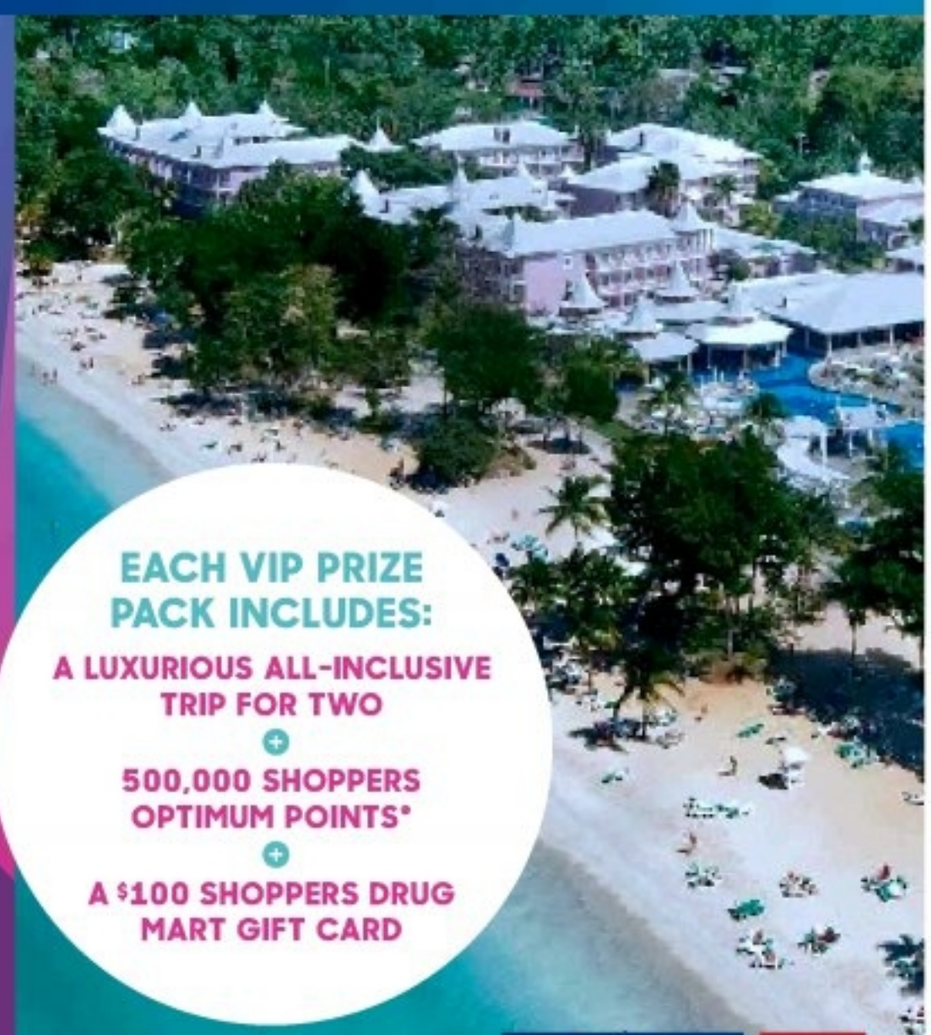

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Uber cut congestion in U.S. cities: Study

RIDESHARING

Officials yet to see if it has same effect in Alberta cities

Jeremy Simes
For Metro | Calgary

City officials from Calgary and Edmonton can't say if Uber reduced traffic congestion, despite claims from an American study that suggested the ride sharing company had a positive effect on bottlenecks.

Arizona State University recently released a study that shows Uber reduced congestion in 87 urban areas in the United States.

In response to the study, Uber spokesman Jean-Christophe de Le Rue said the rideshare service has the potential to help solve traffic congestion.

"We look forward to further research in this area, and are excited to work with cities around the world to develop the future of transportation," he said in an email.

City of Edmonton spokeswoman Carol Hurst declined to comment on the study. But she said it's too soon to know whether rideshare companies have had an impact on Edmonton.

In Calgary, spokeswoman Tara Norton-Merrin said the city hasn't studied the issue in depth.

"Unfortunately there's no Calgary data since Uber only operated briefly and is not currently operating here," she said.

"But we will be looking into the benefits as we seek to update our Transportation Plan in the coming years."

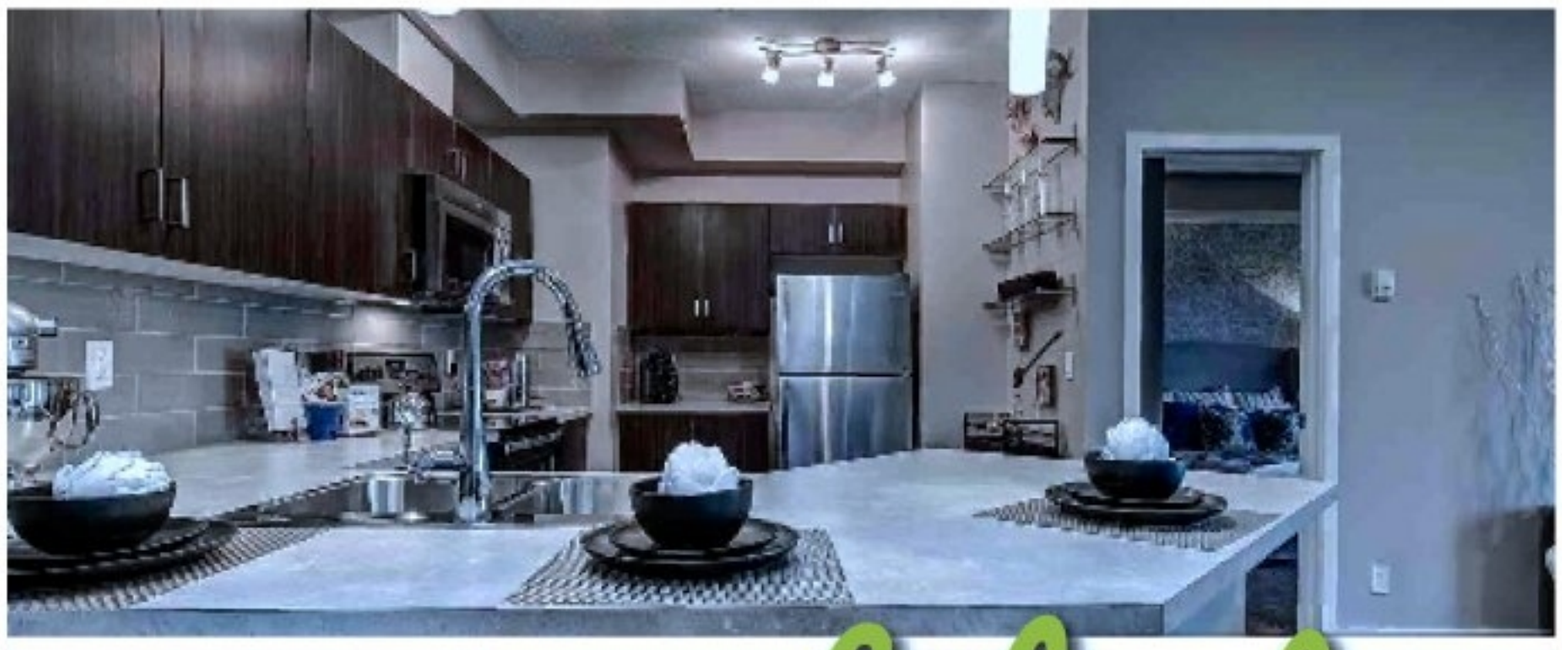
The Arizona State University study also found that Uber cut travel time and saved gas for drivers.

The researchers gathered data from the Urban Mobility Report, which look at congestion statistics in the United States, comprising 957 observations from 87 urban areas in the United States over 11 years.

They chose a time window between 2004 and 2014 to balance the number of time periods before Uber's entry.

Researchers controlled for coincidence, meaning traffic congestion decreased after Uber arrived but not because of it.

The ride-sharing company had no involvement in the study, according to the researchers, who said they chose Uber as it's the largest service of its type.



Dave Kristjansson said that he offers a variety of tints, with the most popular being 35%, but refuses to put limo tint on vehicles for safety reasons. JOSIE LUKEY/FOR METRO

AFTER MARKET

Car window tints illegal, police say

Josie Lukey
For Metro | Calgary

For 31 years Dave Kristjansson has been tinting windows — and he's never met another business that refused to tint the front door windows of a vehicle.

But according to Alberta Traffic Safety, Kristjansson's business, and others offering front door window tinting, are illegal.

Section 70 of the Vehicle Equipment Regulation states, "A person shall not install, replace or cover the window glazing in a windshield or in a left or right side window of a motor vehicle that is beside or forward of the driver with a transparent, translucent or opaque material."

For Kristjansson however, he doesn't see a problem tinting the two front side windows, and has never been fined for providing the service, he just wants customers to know what they're getting into.

"We tell everybody it's illegal, we have the law stated here in the shop that they can read, that they're not allowed any aftermarket film on the front doors. We leave it totally up to the customer," said Kristjansson.

The only trouble Kristjansson sees is when young people get their front door windows tinted and their moms give him a ring because their child got a ticket.

For CPS, however, unless they were performing a sting operation — which they haven't yet on window tinting businesses — they've never issued a fine for those offering up front window tint.

"From a private business perspective, it's all about their bottom line. If somebody comes in and they want a product applied, then of course the business is going to do it. But then that person is taking their chances if they're in contravention with the law," said Staff Sgt. Paul Stacey of CPS Traffic Unit.

Stacey also said it's difficult for CPS to pass judgement on businesses because they cannot know what was said about why the tint was applied.

"(People) can say, 'You know I'm parking it,' or 'I'm moving to California and I wanted it tinted before I go down there,' It could be any kind of story like that, so it would be very difficult for us to go in there and start telling a private business how to do their work," said Stacey. Currently, there is no legislation that requires aftermarket businesses to tell customers front window and windshield tint is illegal, according to Stacey.

Calgary's communities are telling police, and the city, face-to-face meetings to air traffic woes are long overdue. METRO FILE

Face to face on traffic

SAFETY CONCERNS

Public gets chance to inform police, city officials

Helen Pike
Metro | Calgary

Calgary communities are getting a front-row seat to change their community's traffic woes.

The town hall style meeting was the first of many more to come before the end of 2016 and through to May in 2017. The meetings will become annual sessions to help inform police, the city's traffic section, and the public about concerns and enforcement measures.

Sgt. Paul Stacey with the Calgary Police Traffic Unit sounded excited about the inaugural meeting turnout, he said there were more people than chairs and the mood was positive.

"It was just a wonderful opportunity to interact with people and talk about traffic safety," said Stacey.

He said a lot of concerns were confirmation for their traffic strategies. He learned, the public learned.

It's rare for police, and the public, to have an in-person discussion like this one about community traffic concerns.

"We need that," said Stacey. "This is the type of thing that brings us back around to the community policing model where we're actually interacting with the people."

Lessons from the session will hit the streets from both the city's perspective, and a police enforcement strategy. Tony Churchill, leader of traffic safety with the city said the information they gathered will help them find problem intersections and determine how to treat them.

"Just being able to have a face to face conversation with someone makes it easier to get to the root of the problem and the difficulties they're experiencing," Churchill said. "Quite often that leads us to a different conclusion than if we're starting out with citizens saying they need a marked crosswalk — without really having a strong understanding themselves about what the difficulty is."

The sessions will help the city inform an updated version of their "safer mobility plan," which outlines what the city does for road safety.

CT SCANS

Alberta Health launches wait list initiative

Jeremy Simes
For Metro | Calgary

Ordering CT scans for clinics in Southern Alberta have been resolved, according to a doctor, as Alberta Health Services (AHS) launches a new initiative so that the right tests are ordered to reduce wait lists.

In March, Dr. Paul Parks, an ER doctor in Medicine Hat, said rural health centres were told to reduce the number of outpatient scans over what he claimed were budgetary constraints.

Since then, the CT scan issue appears to have been restored, according to Dr. Adam Vyse, who works at a clinic in High River. He said AHS has been re-jigging the triage process.

According to Mauro Chies, Vice President of Clinical Support Services at AHS, the health authority has made adjustments.

Chies said AHS is undertaking the "Appropriateness of Care" initiative to work with physicians, ensuring the right test is ordered at the right time for patients.

In fact, he said the health authority has reduced the ordering of vitamin D scans by 90 per cent. It's also reduced lower back pain imaging by 12 per cent.

The reason? Studies suggest those tests have little value, Chies said, adding there are other tests that are of higher value.

"It's utilizing the system's health dollars more appropriately and more effectively," he said. "There isn't an infinite amount of money for services and the demand is only gong to continue to grow."

In turn, that could reduce wait lists because patients who don't require certain tests aren't delaying others who need them, he added.

"We need to make sure the ones we are doing are more appropriate," he said.

"It's more of a cost-avoidance initiative rather than one that's saving costs."

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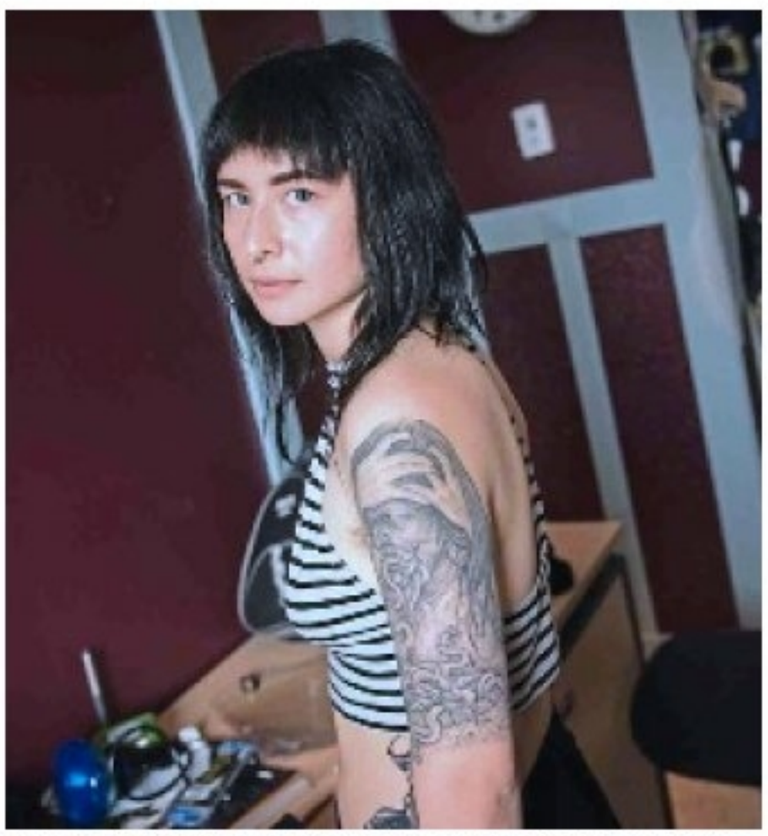
When getting characters from Dune, Alix Ow made sure the tattooist, whom she works with, was also a mega science fiction fan, who would do the piece justice. JENNIFER FRIESEN/METRO

Who tattoos the tattooers?

TATTOO FESTIVAL

Fest's featured artists talk about their own body art



Tattooist Alix Ow has an old woman and a collection of snakes down her arm. JENNIFER FRIESEN/METRO

Calgary tattoo artist Alix Ow loves snakes.

She loves snakes so much she got an old lady full of snakes tattooed on her left arm, just above another snake.

"That's who I'm going to be one day, just an old lady full of snakes," she said, with a dead-pan seriousness.

Ow, an artist with Immaculate Concept Tattoo, and her snakes will be featured at this weekend's Calgary Tattoo and Arts Festival.

As a tattoo artist, she said she sees many people in her chair looking for a tattoo with a deep meaning, like a memorial tattoo (which she thinks are always great) or maybe a flower inside a triangle to represent balance.

"It's like, OK, that's cool, but you don't need to have a reason to want something on your body — whether it's fun, silly or just something you like," she laughed.

Case in point: As a tattoo artist, Ow knows something about quality tattoos, and all of her selections are pretty much cool stuff she likes.

In addition to the snakes, she has a wizard on her right arm, because she likes magic, that is just below an anime girl — because she likes anime.

She has a pin-up girl tattoo done by a San Francisco artist, because she loves the body-positive art style: curvaceous, and not the traditional model figure.

Then there's a Dune tattoo of a sand warrior, because, "Dune is probably the best book ever written."

Janelle Reithmeier, an artist with Electric Odyssey, has a similar view toward tattoos.

In fact, she even tattooed herself back when she was just getting in the business, with a 'janky' designed that's since been covered up.

While the content of the tattoos is just things she liked — minotaurs and satyrs — her body is also a history of all the people she's worked with in her career.

Going back to her mentor in Regina, she's gotten various tattoos from people she's worked with as she climbed the ladder in the tattoo world.

"Even if some of them are not really my style now, because I got them when I was younger, but I definitely love them because they were given to me by people I really respect," Reithmeier said.

While it's still a big decision that requires serious thought, both women agree that a tattoo should just be something you like.

The real nightmare is eventually running out of body space.

The Calgary Tattoo Festival runs Oct. 16 to 18 at the BMO centre. Both Ow and Reithmeier will be featured artists.

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ENTREPRENEURSHIP

Calgary's Cups2Go ready for the big leagues

Cups2Go used 1,000 Flames-branded cup carriers at its soft launch Sept. 30. CONTRIBUTED

Lucie Edwardson
Metro | Calgary

There's no question that times are tough for Calgary's economy, but that hasn't stopped two young entrepreneurs from taking a leap of faith on their idea — and it's paying off.

Metro last caught up with the RBC Fast Pitch winners in July when they launched their partnership with local coffee spots including Rosso Coffee and Brew & Blendz, who loved easy to hold cup-carrying device.

Now, duo is making waves at a bigger venue: the Saddledome — and they don't plan on stopping there.

Cups2Go founder Daniel Schneider and his partner Adam Rea did a soft-launch of their product at the 'Dome Sept. 30 for a Flames pre-season match, and they said it went better than they could have hoped.

"It went really well, the customer feedback was extremely positive," he said. "It fit in really well at the Saddledome."

Schneider and Rea are now focusing on locking in a permanent deal at Flames home ice, and said they've set their sights on the North American stadium/arena market, including the home of Toronto Blue Jays, Rogers Centre.

"They're moving more towards cups there, especially after that fan threw his beer can at a player," said Schneider.

Shima Safwat started the One Nation Foundation to encourage people from diverse backgrounds to talk about their differences. JENNIFER FRIESEN/ FOR METRO

Cure for hate starts here

CULTURE

Woman wants to get diverse groups talking

Mathew Silver
For Metro | Calgary

It's been only 10 days since anti-Muslim propaganda was plastered all over the walls at the University of Calgary, but Shima Safwat sits comfortably in an all-black niqab, just outside the university's Students' Union office.

Safwat is organizing an event called Meet Your Neighbour and Start a Conversation, on Nov. 5 at Vivo for Healthier Generations. The goal of the event is to break down cultural barriers by encouraging people from different cultures to have something as simple as a conversation.

"I was really sad to hear about what happened at the U of C, but I'm always optimistic because it will help to educate people," she said. "We need to get to know more about each other, so we can fight these hate crimes."

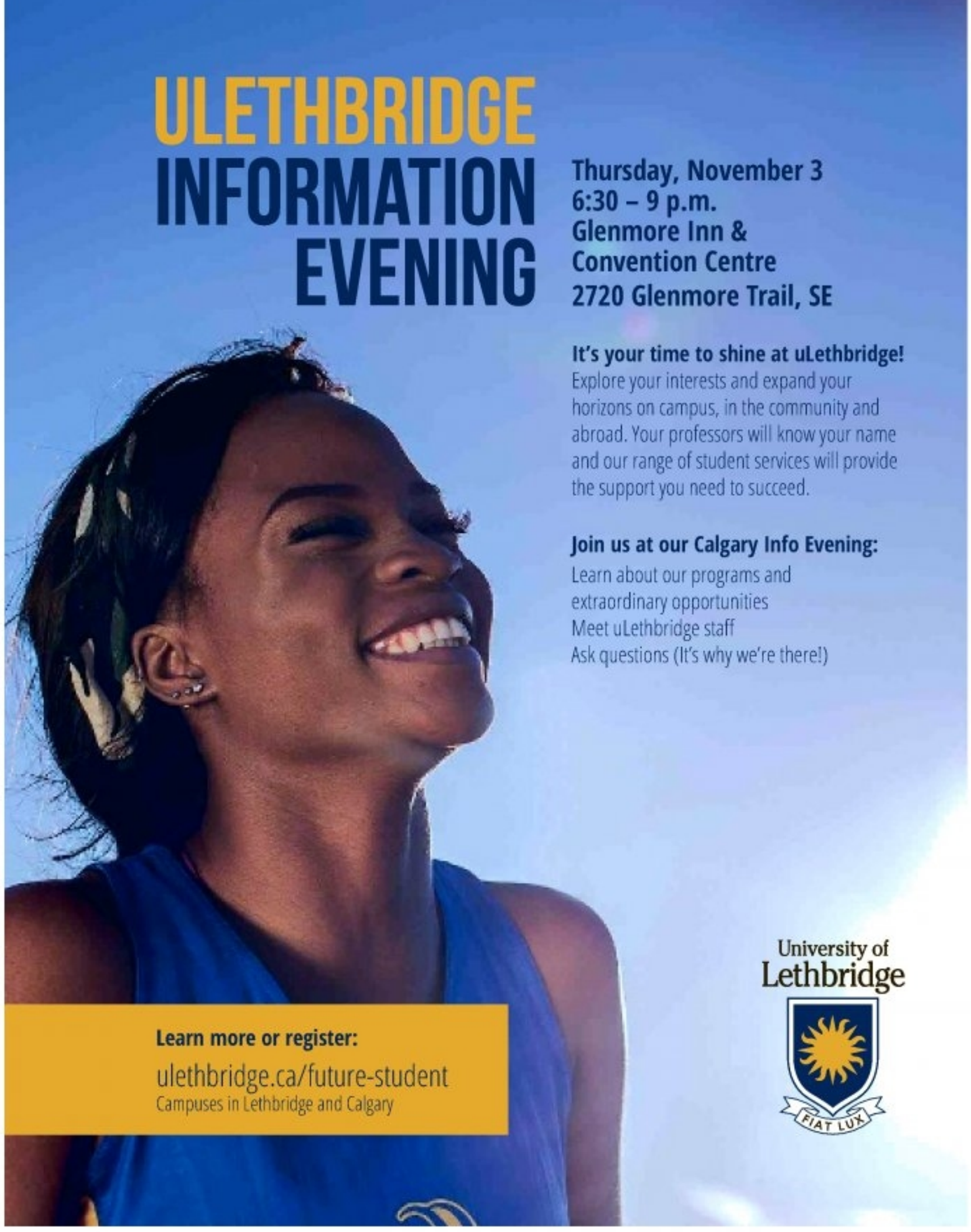
The 42-year-old from Cairo, Egypt invited a diverse group of people, including people from Muslim, Chinese, Singh, and First Nations communities. She hopes to form the mosaic of Calgary.

Safwat arrived to Canada eight years ago, and has been baffled by cultural differences ever since. She wonders why they're banning burkinis in France, when divers are free to wear full-body suits; or why it's acceptable for people to bundle up and cover their face during winter in Canada, but as a Muslim she isn't allowed to cover up in her niqab.

"I feel like I stick out, because I'm always wearing all black, but at the same time I'm very proud to represent my religion and say I'm Muslim," she said. "I love to be covered. For me it's a way of getting closer to God. That's it."

According to Julie Black, citizen engagement associate for the Calgary Foundation, which sponsored the Meet Your Neighbour Event, Safwat breaks down stereotypes brilliantly.

"She just has such a welcoming manner. For a woman who wears a niqab, that's a manner of dress that's misunderstood. She's just such a warm and welcoming person."



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IN BRIEF

Police shooting called a chaotic, bloody scene

The Alberta Serious Incident Response Team says a 76-year-old man who was shot by Calgary police earlier this week had also suffered a cut to his neck and at least three stab wounds.

The agency, which investigates injuries and deaths that involve police, released the new details Thursday about the chaotic and bloody scene officers encountered Tuesday.

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YWCA CALGARY

The Calgary Jazz Orchestra kicks off its 12th season Oct. 16. CONTRIBUTED

Jazzing up the magic of Disney

SCENE YYC

Group bills itself as 'not your typical orchestra'

Aaron Chatha
Metro | Calgary

When the house of mouse meets a full jazz orchestra, gawrsh does it play out smooth.

The Calgary Jazz Orchestra kicks off its 12th season with the magic of Disney, playing classic tunes from The Jungle Book, Aladdin, Frozen and more, but reimagined with that eclectic jazz touch.

Artistic director and founder of the orchestra, Johnny Summers said the musical arrangements for every piece are done to specifically make the best use of their musicians.

"We're comprised of some of the top professional musicians in the area and we all work in all sorts of different varieties of sound and music," Summers said.

Just as every beauty has her beast, their first concert is actually a two-parter. The first half is Disney, but the second half is the challenging music of Wynton Marsalis.

"I love the music of musicians that come out of New Orleans," Summers explained. "He's a trumpet player and composer that I've been interested in and learned a lot from my whole life. It's music that's definitely not known as well as Disney music, but it's infectious and goes everywhere from New Orleans funk to more modern things as well."

Marsalis, who has won multiple Grammy awards and a Pulitzer prize, sent his own arrangements up for the band to adapt.

The Calgary Jazz Orchestra bills itself as "not your typical orchestra," putting an emphasis on energy and audience engagement.

Musicians are often thrust into the spotlight, sharing laughs, wit and big smiles.

Summers said he discovered jazz as a kid. At a time when he was listening to bands like New Kids on the Block (which he still enjoys), he was given a Harry Connick Jr. album.

"The life and soul and energy in that music — it just resonated with me," Summers recalled. "This was amazing. These are real musicians, it's extremely soulful."

So far, that love has grown into 11 years at the Calgary Jazz Orchestra.

They start the 12th on Oct. 16. Visit www.calgaryjazzorchestra.com for more details.

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ADVERTISING FEATURE

CALGARY DEALERSHIP CLEARING OUT ALL USED VEHICLE INVENTORY UP TO 50% OFF!!!

Carl Holst, Sales Manager at **Stampede Toyota,** just announced plans to hold a Used Vehicle Fall Clear Out Sale with savings up to 50% off every Used Vehicle in stock **Taking Place October 15, 2016.**

According to Mr. Holst, increased sales from the last few months have resulted in an overstock of tradeins. "In the last three months our sales have increased at a higher than expected rate", Holst said. "Now, we have too many cars and trucks on our used lot and must reduce this to a more manageable number.

During this Used Vehicle Clear Out Sale every used car and truck will be sold with discounts from 10% up to 50% off the original asking price. Our customers will find these prices thousands of dollars lower than our competition and even lower than the auctions." Mr. Holst Said. Auction bidding often inflates the true value of a car so you pay more. Here every car and truck is on sale up to 50% off, first come first served and no bidding.

It's the perfect opportunity to get a good quality used car at the lowest price in the city. All cars are on display at **Stampede Toyota on Barlow Trail, 2 blocks north of the Trans Canada Highway.** This Sale is one day only, doors opening at 8:30 am. Those who arrive early will get the best selection.

Prices will be posted on the windshields and customers will be given the opportunity to purchase the vehicle

One of Calgary's largest import dealers is overstocked and is forced to sell used cars and trucks for as low as 50% OFF October 15, 2016, during a one-day sale event.

at these amazingly reduced sale prices. This unheard of approach to selling used vehicles will make it easy and quick for anybody in the market for a good used vehicle to get a great car or truck at a very low price with no hassle or the need for endless haggling.

"American buyers will be represented to take trade-ins during the sale," Mr. Holst said. "We also have four business managers who will help buyers arrange affordable financing options."

We've got over $10 Million Dollars in inventory to choose from. Our total Inventory will be close to 400 new and used cars and trucks to choose from. We want to remind everyone again that this is a oneday sale only. When their inventory has been reduced, they will remove the sale prices and return to normal operations.

"Since we are a local business we would like to give back to the community we are in," Mr. Holst said. "We would rather allow local people to buy these overstocked vehicles than have to wholesale them at an auction."

All cars will be clearly marked with discounts from 10% up to 50% for the entire day. Be sure to get down there early for the best selection and take advantage of this opportunity to get the vehicle you have been waiting for, at the price you have been waiting for.

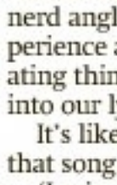
Due to the volume of sales during this event, please no telephone inquiries.

AMVIC Licensee

Nerd rockers set to geek out in city

Q&A

Video games, comics inspire band's music



Aaron Chatha
Metro | Calgary

Double Experience is Ian Nichols, Brock Tinsley and Dafydd Cartwright. FACEBOOK

Ontario-based video-game nerd rockers Double Experience are taking their Lure Tour through Calgary on Oct. 20 at Distortion. Frontman Ian Nichols geeked out with Metro about the show.

What is a video-game nerd rock band?
I guess it started with the fact we wanted something that was representative of our interests and our world view. Our interests lie in video games and comic books, so it made sense to go that route with Double Experience because it's just an extension of who we are as people.

What's the music sound like?
When you get into genres, people are like, 'Oh, you can't just be a rock band.' Well, we're a rock band through and through. We work the nerd angle and the Double Experience aspect in by incorporating things like video games into our lyrics.

It's like, everyone's heard that song about, 'I miss home' or 'I miss my girlfriend,' before but, for us we have those feelings, but how do we discuss them in a way that's fresh?

We use things like time travel, space — that made sense to us.

What's your live show like? I imagine you don't mind if the audience stops listening to catch a Pokémon.
It's funny you bring that up, because we're certainly big proponents of things like that. In this case, we've got a life-sized Pokéstop that we're bringing with us. We'll pop in some lures. We don't mind at all if someone wants to stop headbanging to catch an Eevee.

Our live show's very energetic. At the end of the day, people want to go for an experience. If they want to hear you, they'll listen to you on Spotify, but people want to be entertained. For us, that kind of live show is very important.

What are you playing now?
We're pretty big into Pokémon Go right now; we just stopped to take out a gym actually.

But in terms of console game, we're huge fans of Destiny. We wrote a song about it, we love it that much.

We'd probably be into a lot more games, but obviously we're away on tour, and when we get back things have changed in Destiny, so we're catching up. This tour in particular we left two days after Rise of Iron released, so there's going to be a whole host of new content to get involved it. It's kind of been the pattern the last few years.

WEEKEND EVENTS

Friday — International Burlesque Festival
The third annual Calgary International Burlesque Festival brings a slew of talented headliners, including The Mahogany Queen of Burlesque from New York, Blanche DeBris from Las Vegas, Judith Stein from Nelson and more. On Friday a neoclassic burlesque showcase takes place at the Chinese Cultural Centre.

For more information, visit cibf.ca.

Saturday — Alice Cooper
Rock and roll legend Alice Cooper, the man behind hits like I'm Eighteen and School's Out, comes to Calgary for a one-night performance at Winsport. Cooper is known for his hard-rock style, drawing from horror movies, which has led to his induction in the Rock and Roll Hall of Fame. For more information, visit ticketmaster.ca.

Saturday — Tiny Footprints Rainbow Gala
The inaugural gala and fundraiser aims to pay respect to infant loss. Local musician Amy Thiessen performs, artist Amy Dryer paints and there will be a silent auction and dessert station. All proceeds from the Tiny Footprints Rainbow Gala go towards Alberta Health Service's Pregnancy and Infant Loss program. For more information, visit calgaryhealthtrust.ca.

Sunday — The Big Sleep
It's the final night for Vertigo Theatre's first show of the new season, based off the classic film. The play starts with millionaire Carmen Sternwood, who is being blackmailed and hires investigator Philip Marlowe to help. Marlowe contends with distractions — and eventually a corpse. For more info, vertigotheatre.com.

Sunday — Calgary Ghost Tours
The Ghost Tours are running again through the month of October. Walk through some of Calgary's oldest neighbourhoods to hear real ghost stories from experts. Hear about the ghost in the Ironwood Stage and Grill's basement, or creepy happenings on the Zoo Bridge.

For more information, visit calgaryghosttours.com.

AARON CHATHA/METRO

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THE ARTS

Mashing together historic music artifacts

Aaron Chatha
Metro | Calgary

Joshua Van Tassel will be one of the first to take advantage of the National Music Centre's enormous collection of historic instruments.

Van Tassel, from Toronto, is one of five acts chosen to participate in the NMC's Artist in Residence program, out of about 100 submissions.

Like the other residents, they'll be able to go beyond the divider and actually use the 450 years' worth of musical instruments at the NMC.

Van Tassel, working with his partner, sound engineer James Bunton, hopes to combine different instruments to create entirely new and unique sounds for his musical project.

"Like, it's impossible to do this anywhere else in the world, it's so collection-dependent," Van Tassel said. "I want to try and take, like, an early drum machine and run it through the filter of a '70s keyboard but re-amp that into the body of a 1600s harpsichord, then have that one sound I can use as a singular instrument through the computer."

Other selected artists include: Ariane Mahryke, Jeremy Dutcher, Quisin Nachoff and Rococode.

Seven more artists will be announced later this year.

Joshua Van Tassel and James Bunton. CONTRIBUTED

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Brad Saunders, left, and Joel Fraser started Homeless for the Homeless to help those less fortunate. JENNIFER FRIESEN/FOR METRO

'It's not a lot of fun'

CHARITY

Musicians put themselves in shoes of the homeless

Jennifer Friesen
For Metro

Brad Saunders and Joel Fraser slept behind a dumpster in Bridgeland on Thursday night, with little more than a blanket, and a backpack for a pillow.

Saunders and Fraser started a charity called Homeless for the Homeless, and they spent 72 hours living on the streets of Calgary to raise money and awareness for the less fortunate. By Thursday evening they had raised more than $1,500 with nothing but a guitar and a GoFundMe page.

"We thought it was going to be cold, but we didn't expect it to be quite this bad," said Fraser. "We've led pretty fortunate lives, so we wanted to ... see what it was like. Turns out it's not a lot of fun."

Without a place to call home from Tuesday to Friday morning, the pair decided to make use of their time by joining forces with different charities, packing over 850 lunches at Brown Bagging for Calgary's Kids, and serving up hot meals at the Mustard Seed and Calgary Drop-In Centre.

On their first day they were able to raise about $40 busking at Heritage Station. A modest sum for guys who also happen to play in a professional country music band, but more than enough for a sandwich and warm coffee at Tim Hortons.

The coffee shop is a welcome refuge from the biting Calgary climate, and a stark reminder of all the little luxuries they might otherwise take for granted — like a duvet on a bed for example.

"It's a whole different world than what we're used to," said Saunders. "For me, the biggest reality was laying on the grass last night, being out in the cold, and realizing that this is what [homelessness] looks like."

Fraser said the experience has opened his eyes too.

"It's just so easy for people to see someone on the street and walk by and keep on going with their lives. You don't really internalize what they're going through," said Fraser.

Along the way the duo met a variety of characters who were willing to share their stories. They met Dan, a man who can't get work because of a broken wrist, but takes pride in living on the streets. Then there was Freddie, who had such poor vision he could only read a post card if it was held right up to his nose.

These stories made Saunders reflect on his past perception of homelessness. Once he argued that people are left out on the streets because of substance abuse, now he sees that the issue might not be black and white.

"Moving forward I can see that not everyone is addicted to drugs and alcohol. It's definitely an eye opener from that standpoint," said Saunders.

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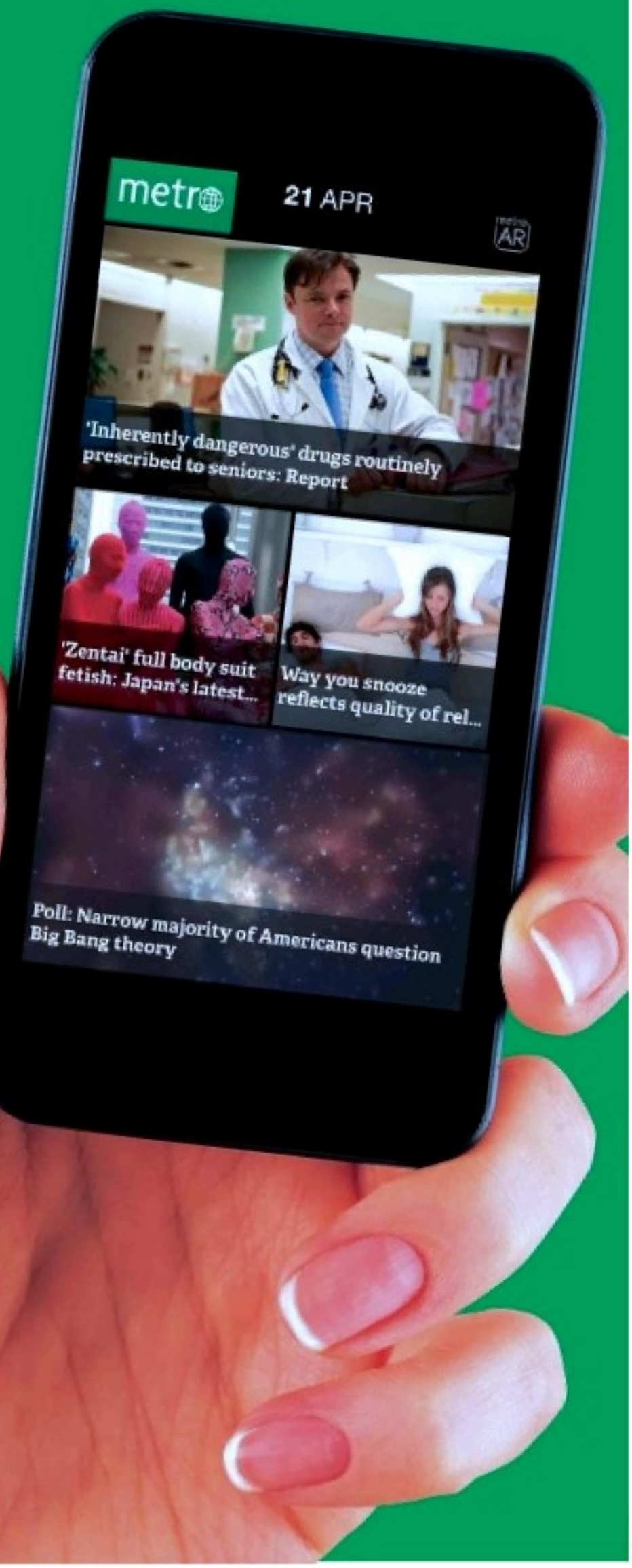

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Aquabelles make waves 50 years on

ATHLETICS

Club celebrates golden jubilee, five decades of aquatic stars

Lucie Edwardson
Metro | Calgary

Fifty years of synchronized swimming and sisterhood will be celebrated next week as Calgary's Aquabelles celebrate their golden jubilee.

The Aquabelles, a synchronized-swimming club, has been the hub for Calgary girls and women passionate about the sport since 1966. On Oct. 21, the Aquabelles will be making yet another splash with their water show, where they will highlight talents of alumni over the last five decades alongside their up-and-coming stars.

Former Aquabelles and 1984 Olympic silver medallists, Kelly Kryczka Irwin (formerly Kryczka) and Sharon Boreyko (formerly Hambrook), will be reuniting for the show and performing a portion of their silver medal performance.

"It's been a lot of years since we actually swam together — 32 years," said Kryczka Irwin, who has continued to swim with the Aquabelles and coach for the club since her competitive career ended.

"It's very cool to come back and swim with Kelly again, it's so much fun," said Boreyko. "I realize now how much I miss it."

The duo said they're proud to be a part of the celebrations.

"It's incredible," said Boreyko.

Debbie Muir, who called herself "the first Aquabelle," and said the legacy the club has created has been tremendous.

> **We're the longest running synchro club in North America**
> Pam Larose

She said they've brought home thousands of medals and produced nearly a dozen Olympians — all of whom she's coached.

"It's overwhelming to try and count them," said Muir. "You have the city, the provincials, the nationals and then international medals—so it's a lot."

Pam Larose, head coach of the Aquabelles' development program, began as a member herself. She said celebrating this milestone with alumni and young members alike is thrilling.

"We're the longest running synchro club in North America — we've never even changed our name," she said. "It's been the starting point for friendships that have lasted a lifetime."

The water show begins at 7:30 p.m. Oct. 21 at the Talisman Centre. Tickets are available at the door.

ABOVE: Kelly Kryczka Irwin, left, and Sharon Boreyko won silver at the 1984 Olympics for their duet. They'll perform a portion of it at the water show Oct. 21.

RIGHT: Pam Larose, head coach of the Aquabelles' development team, got her start with the club as a 10-year-old member.

JENNIFER FRIESEN / FOR METRO

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‘A complete human rights travesty’

CHINA

Political prisoner’s family fighting for his freedom

David P. Ball
Metro | Vancouver

Wang Jin Huan, 73, holds a family portrait. In the picture is her brother Wang Bingzhang, who is serving a life sentence in a Chinese prison. JENNIFER GAUTHIER/METRO

Ti-Anna Wang has taken her father’s case before the Canadian and U.S. governments hoping to spur his release. CONTRIBUTED

On a quiet, 15-acre farm in Port Coquitlam, B.C., 35 kilometres east of Vancouver, Wang Jin Huan looked out her window across the Pitt River.

Holding a framed family photo in her hands, the 73-year-old wiped her eyes with a crumple tissue when asked about her younger brother, imprisoned in China’s Shaoguan prison almost 10,000 km away.

“Every day, we think of how to get him out,” Jin Huan told Metro in her home. “He didn’t do any bad things. He just wanted China to be good and talked about human rights.”

Wang Bingzhang, now 69, twice braved his country’s ban on unauthorized political activities, publicly starting two pro-democracy opposition parties — under a regime notorious for its widespread use of torture, disappearances and mass executions, according to Amnesty International.

Despite Bingzhang being denied visitors for four years, one thing Jin Huan does know for certain: her brother spends much of his time thinking about his family, scattered across Canada but united in their crusade to get the Canadian government to take up his case.

Jin Huan smiled proudly as she showed a photograph of Bingzhang’s daughter in Montreal.

“She was born in 1989, after the Tiananman Square (massacre),” Ji Huan said. “So her name is Ti-Anna, for Tiananman.”

Ti-Anna has spearheaded the family’s fight, maintaining a website on his case and meeting with Canadian and U.S. officials.

She was 13 when her father disappeared in Vietnam, only to resurface in Chinese prison facing what human rights organizations allege were politically motivated charges of spying and terrorism.

Global Affairs Canada said his case “is of serious concern,” though noting he’s a Chinese not Canadian citizen. In an email, spokeswoman Kristine Racicot said Canada “has raised the case repeatedly with the Government of China,” most recently during Prime Minister Justin Trudeau’s Chinese visit last month.

The government also backed a recent United Nations call for China to “release immediately and without conditions all political prisoners,” she added.

“Obviously, we want a bigger commitment — for them to be more vocal,” Ti-Anna said. “But this is huge progress compared to the previous government.”

Amnesty International Canada’s secretary-general told Metro that Bingzhang’s case “is a complete human rights travesty.”

“There’s not a shred of evidence that gives any support to China’s allegation,” Alex Neve said in a phone interview. “Everything has been so unbelievably secretive about his case.

“Instead, we have a man who has been locked up cruelly, in harsh conditions of solitary confinement … for 14 years.”

He argued the human rights situation in China “remains dire, and if anything in recent years has deteriorated.”

“Human rights organizations, human rights defenders and human rights lawyers are increasingly coming under siege,” Neve said. “They’re being arrested, a number have even disappeared in police custody … It’s a very worrying sign.

“It is increasingly clear that China is less and less concerned or interested in what the rest of the world thinks about human rights issues.”

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POLITICS

World 'rejected' Trump

France's visiting prime minister plunged head-first Thursday into next month's U.S. presidential election, saying he supports Hillary Clinton over Donald Trump, while host Justin Trudeau was barely willing to get his feet wet.

Manuel Valls, who was on Parliament Hill for the first day of a two-day visit to Canada, offered an unequivocal take on the Nov. 8 election: Clinton is the preferred choice, he said.

U.S. President Barack Obama was "elected by the world" and "Trump is rejected by the world," Valls said in French during a pre-dawn breakfast at France's embassy.

When asked about the allegations of sexual assault swirling around the Republican nominee, a stone-faced Trudeau — a self-avowed feminist — would only say that he "has stood clearly and strongly all my life around issues of sexual harassment."

"I don't need to make any further comment at this time," he said. THE CANADIAN PRESS

Roundabouts gain ground in Canada

TRAFFIC

Design reduces conflicts to eight from 32, expert says

Vehicles travel through a roundabout in Halifax. Studies have shown that roundabouts are safer than traditional stop sign or signal-controlled intersections. THE CANADIAN PRESS

They evoke some of the world's most impressive crossroads — the Place de l'Etoile in Paris, Manhattan's Columbus Circle — and have a remarkable capacity to calm traffic and ease accidents.

But, as the roundabout becomes increasingly common in Canada, they can also evoke a certain panic: Confused motorists have been known to go the wrong way, fail to yield, or try to back up in them.

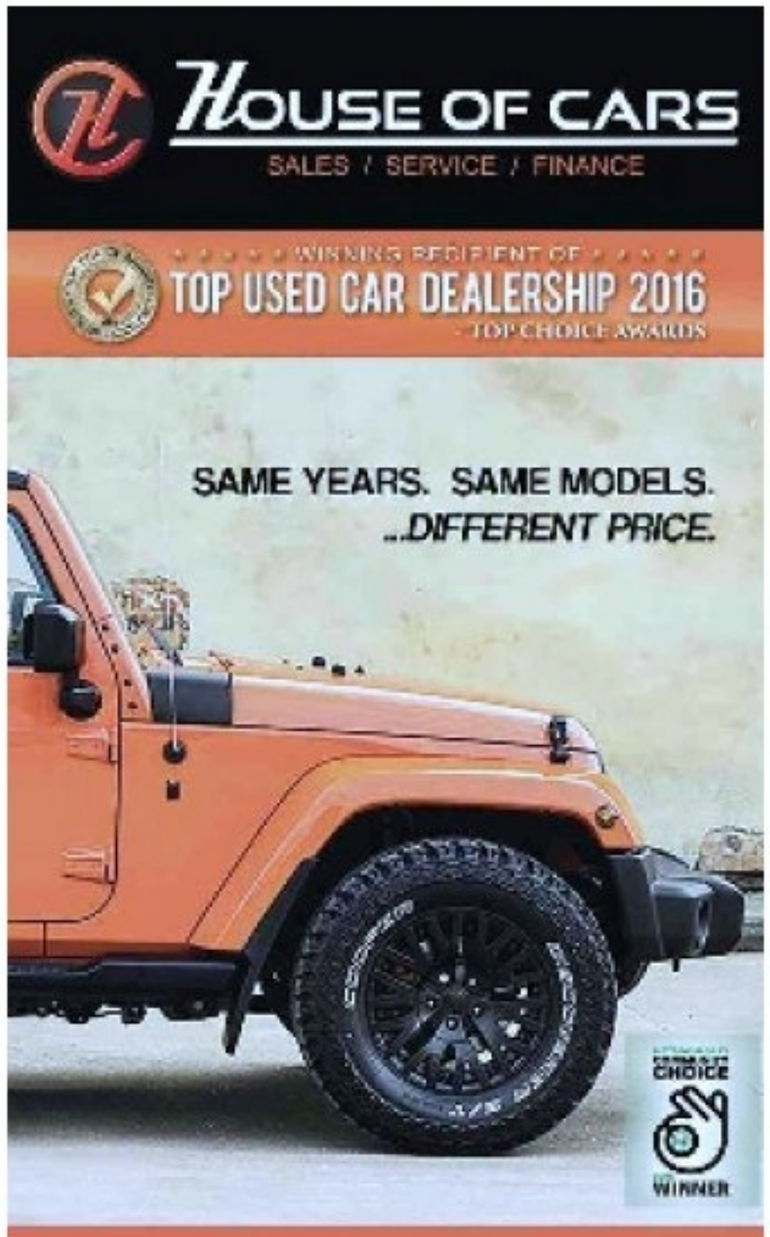
"We've observed all sorts of behaviours," said Keith Boddy, a roundabout specialist with the Transportation Association of Canada.

A typical intersection creates about 32 plausible vehicle conflicts with other drivers, pedestrians and cyclists, said Ed Miska, executive director of engineering services for B.C.'s Ministry of Transportation and Infrastructure. Roundabouts reduce that to eight conflicts, even if people still find innovative ways of getting them wrong.

Boddy estimates there are now about 400 roundabouts across the country, as Canada and the U.S. slowly catch up to a roadway design that has been widespread in the United Kingdom and France for decades.

Quebec has built around 100 of them since the late 1990s. The Waterloo Region in Ontario has about 25 and there are 33 in B.C.'s provincial highway network. Halifax has installed several in recent years and is adding more.

THE CANADIAN PRESS



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Tribesmen loyal to Houthi rebels hold their weapons on Oct. 2, as they chant slogans during a gathering to mobilize more fighters into battlefronts in Yemeni cities. THE ASSOCIATED PRESS FILE

Yemen: Nation at war

CONFLICT

U.S. Navy says it has destroyed three Houthi radar sites

By firing missiles into Yemen, the United States likely will be further entangled in a stalemate war in the Arab world's poorest country, a conflict it has sought to extract itself from in. But who exactly is fighting in Yemen and what does the U.S. have to do it with it?

1 THE BEGINNING OF WAR Yemen, on the southern edge of the Arabian Peninsula, has been in the midst of a civil war since September 2014. That's when Shiite rebels, known as Houthis, swept into the capital of Sanaa and overthrew the country's government. Houthi allies include forces loyal to Yemen's former President Ali Abdullah Saleh and have the backing of Shiite power Iran. In March 2015, a Saudi-led coalition of Arab countries began a military campaign against the Houthi forces, saying its mission served in part as a counterbalance to Iran's influence.

2 A STALLED OFFENSIVE Since launching its campaign, the Saudi-led coalition retook the port city of Aden and lands in southern Yemen. However, Sanaa and the Houthi heartland of northern Yemen remain held by the rebels. A ground offensive to retake the capital, which likely would involve street-by-street fighting and heavy casualties, appears unlikely. Instead, the Saudi-led campaign has relied on airstrikes. However, a UN report said coalition airstrikes were responsible for 60 percent of civilian deaths over a yearlong span starting in July 2015.

3 AN INCREASINGLY WARY U.S. After the Sept. 11, 2001, terror attacks, the U.S. launched drone strikes against suspected al-Qaida militant targets in the country from a local military base and provided Yemen with hundreds of millions of dollars in security assistance. American troops were evacuated from Yemen amid the latest Houthi push, but airstrikes targeting al-Qaida have continued. U.S. forces offered targeting guidance to the Saudi-led coalition and logistical assistance at the beginning of their campaign.

4 EXCHANGING MISSILE FIRE The USS Mason, an American destroyer, has come under missile fire twice in recent days in the Red Sea from Houthi-held territory in Yemen, according to the U.S. Navy. In response, the Navy said it fired Tomahawk missiles at three coastal radar sites held by the Houthis — the first direct American attack in the war. THE ASSOCIATED PRESS

SYRIA

65 dead in Aleppo over three days: Activists

Overnight shelling and over a dozen airstrikes on rebel-held parts of the Syrian city of Aleppo killed at least 11 people, bringing the death toll over the last three days in the embattled city to at least 65, activists said Thursday.

Meanwhile, rebel shelling of government-held areas in the divided city killed two girls at a school. The airstrikes came a day after an air raid hit eastern Aleppo's biggest market, killing at least 15 people and levelling buildings.

Aleppo's unabating violence has given additional urgency to the upcoming meeting between Russian Foreign Minister Sergey Lavrov and U.S. Secretary of State John Kerry on efforts to find a peace deal in Syria in Switzerland on Saturday.

It will be the first face-to-face contact between the two men since Washington broke off bilateral diplomatic contact with Moscow on Syria over the violence in Aleppo earlier this month. THE ASSOCIATED PRESS

UNITED NATIONS

Guterres promises 'diplomacy for peace'

Antonio Guterres pledged Thursday to make the pursuit of peace in a conflict-torn world his "overarching priority" after being elected the next secretary-general of the United Nations.

The former Portuguese prime minister and UN refugee chief told the UN General Assembly that the United Nations has "the moral duty and the universal right" to ensure peace — and he will be promoting a "diplomacy for peace" advocating dialogue to settle disputes. THE ASSOCIATED PRESS

Antonio Guterres
THE ASSOCIATED PRESS

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Sacks of rice are loaded onto a truck after being delivered by a U.S. military helicopter in the mountain village of Beaumont, near Jeremie, Haiti, on Thursday. THE ASSOCIATED PRESS

Hurricane relief enters new phase

NATURAL DISASTER

Food, clean water begins to reach isolated communities

An international relief effort for victims of Hurricane Matthew entered a more advanced stage Thursday as a second U.S. military ship arrived off Haiti's coast and UN convoys and non-government organizations began reaching more isolated communities.

Food, clean water and construction materials have begun pouring into the southwestern peninsula, though many people there still say they've seen little or no aid.

Those working to send everything from water purification systems to building materials say the scope of the damage from Matthew and the difficulty reaching people create logistical challenges similar to those faced after the devastating earthquake that struck the crowded capital and surrounding areas in January 2010.

The Haitian government says more than 1.4 million people urgently need humanitarian assistance. The official death toll is 473, though local officials have reported figures suggesting it will eventually be higher, and the homes of more than 120,000 families were damaged or destroyed. Many people across the ruggedly scenic peninsula have watched passing aid trucks in growing frustration.

> "I'm looking at my life and I don't know what to do."
> Watson Hypolite

"I'm looking at my life and I don't know what to do. It seems like somebody is getting help but it is not us," said Watson Hypolite, a 66-year-old in the badly hit Grande Anse district of Beaumont.

Teams from the Haitian Red Cross and Civil Protection agency have fanned out across the peninsula and large convoys from the UN and the migration agency are seen more throughout the disaster zone. On Wednesday, the U.S. military made 13 helicopter flights to hard-to-reach areas with 159 metric tons of food supplies, the U.S. Agency for International Development said.

THE ASSOCIATED PRESS

WEATHER

Hurricane Nicole pummels Bermuda

Hurricane Nicole roared across Bermuda on Thursday, pummelling the resort island with winds up to 185 km/h that snapped trees and peeled off roofs before the storm spun away into open water.

The Category 3 system also flooded homes, damaged boats that broke away from their moorings and knocked out power to more than 27,000 customers who live in the British territory, which has sturdy infrastructure and is accustomed to heavy weather.

By late Thursday afternoon, crews were clearing roads, and many islanders were posting pictures of calmer seas and clearer skies.

"Nicole is now racing away," said James Dodgson, deputy director at the Bermuda Weather Service. "There's been a bit of sunshine trying to poke through." Forecasters expected to cancel a tropical storm warning later in the evening.

Hours earlier, Bermuda's 65,000 people got a brief respite from the storm's fury when the eye of the hurricane passed overhead. Authorities urged everyone to stay inside.

Nick West, who lives with his family near a wharf in the town of St. George, said a large portion of his roof was ripped off just before the eye passed. His garden is now underwater.

"Just as long as we are all safe, that is all I really care about," he said.

In Nicole's aftermath, government officials inspected bridges and other structures. The Royal Bermuda Regiment removed uprooted trees and other debris from roads.

Cleanup efforts were expected to continue until early Friday, and the island's airport planned to reopen by then. Schools were scheduled to stay closed until Monday.

Although severe storms often affect Bermuda, "a hurricane this strong is rare," the National Hurricane Center said.

American Airlines, Air Canada and other carriers cancelled flights to the island. Several cruise ships also called off trips.

THE ASSOCIATED PRESS

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Diners smoke marijuana as they eat dishes prepared by chefs during an evening of pairings of fine food and craft marijuana strains. BRENNAN LINSLEY/THE ASSOCIATED PRESS

Weed love to dine out

FOOD

Gourmet ganja: Marijuana fine dining on the rise, growing up

How to set a tone of woodsy chic at a four-course candlelight dinner served under the stars in the Colorado foothills:

Live musicians and flowers, check. Award-winning cuisine, check. Beer and wine pairings with each course, check.

Marijuana pairings? Oh, yes.

The 100 diners at this $200-a-plate dinner smoked a citrus-smelling marijuana strain to go with a fall salad with apples, dates and bacon, followed by a darker, sweeter strain of pot to accompany a main course of slow-roasted pork shoulder in a mole sauce with charred root vegetables and rice.

And with dessert? Marijuana-infused chocolate, of course, grated over salted caramel ice cream and paired with coffee infused with non-intoxicating hemp oil. The diners received small glass pieces and lighters to smoke the pairings, or they could have their marijuana rolled into joints by professional rollers set up next to a bartender pouring wine.

Welcome to fine dining in Weed Country. The marijuana industry is trying to move away from its pizza-and-Doritos roots as folks explore how to safely serve marijuana and food. Chefs are working with marijuana growers to chart the still-very-unscientific world of pairing food and weed. And a proliferation of mass-market cheap pot is driving professional growers to develop distinctive flavours and aromas to distinguish themselves in a crowded market.

"We talk with the (marijuana) grower to understand what traits they saw in the marijuana ... whether it's earthy notes, citrus notes, herbal notes, things that we could play off," said Corey Buck, head of catering for Blackbelly Restaurant, a top-rated farm-to-table restaurant that provided the meal.

> **We talk to the grower to understand what traits they saw in the marijuana.**
> Corey Buck, head of catering at Blackbelly restaurant

The grower of one of the pot strains served at the dinner, Alex Perry, said it won't be long until marijuana's flavours and effects are parsed as intently as wine profiles. But that's in the future, he conceded.

"It's still looked down upon as a not-very-sophisticated thing," said Perry, who grew a strain called Black Cherry Soda for his company, Headquarters Cannabis. Holding his nose to a small jar of marijuana, Perry said, "If I asked my mom or my dad what they smell, they're going to say, 'skunk,' or, 'It smells like marijuana.' But it's like wine or anything else. There's more flavour profile there."

THE ASSOCIATED PRESS

Robo-advisers appeal to younger investors

PERSONAL FINANCE

Digital service ideal for a specific savings goal: Expert

Like a lot of young people who want to start saving for the future, Rachel Jackson is interested in using a robo-adviser — even if she's not entirely sure how such digital investment services work.

For the 27-year-old office administrator, robo-advisers sound appealing because they're advertised as offering professionally managed portfolio advice at a relatively low cost. Equally enticing to her tech-savvy leanings is the fact that accounts can be conveniently set up through her smartphone within minutes.

Still, Jackson has some concerns — namely, how robo-advisers actually stack up against conventional full-service advisers using mutual funds, and how much money she'll need to get an account started.

Jason Heath, a fee-only financial planner with Objective Financial Partners, says robo-advisers are a great choice for young investors who only require portfolio management for a specific savings goal and don't need to get into the more personal aspects of wealth management such as taxes and retirement or estate planning.

> If you need ongoing planning, I think the robo-adviser model can be an excellent complement to a fee-only financial planner. They can give you lots of great advice but they can't manage your portfolio.
>
> Dan Bortolotti, PWL Capital investment adviser.

To set up an account, robo-advisers ask a series of online questions to determine one's savings goal and risk tolerance before creating a diversified portfolio using an appropriate mix of low-cost equity and bond exchange-traded funds (ETFs).

"The management fee the robo-advisers charge tends to be around the half per cent range," says Heath.

Robo-advisers are also ideal for people who are attracted to ETF investing but don't feel comfortable using a discount brokerage on their own, says Dan Bortolotti, an investment adviser with PWL Capital.

As for how much investment money you need to open a robo-adviser account, some services such as Wealthsimple have no account minimums and charge no portfolio management fees on the first $5,000 invested.

"Think about someone who is 18 years old and just going to university, or starting out their first job at 20 years old, and maybe they're saving some money in cash for a car down payment or a house down payment and they've got this little TFSA or RRSP with free investment management," says Heath. "That's pretty awesome."

THE CANADIAN PRESS

Robo-advisers are advertised as offering professionally managed portfolio advice at a relatively low cost. ISTOCK

IN BRIEF

Border beer battle brews

A New Brunswick judge has reserved decision on whether a cross-border beer battle can be appealed directly to the province's highest court.

Government lawyers are seeking leave to appeal the April ruling that threw out limits on alcohol imports.

THE CANADIAN PRESS

MORTAGES

Impact of rules 'impossible to say'

Finance Minister Bill Morneau says it's "impossible to say with absolute clarity" what the impacts of new mortgage rules introduced by Ottawa earlier this month will be.

"What we expect will happen is that as people look towards taking on a mortgage, they will do what most people are already doing and ensure that they take on a mortgage that's appropriate for their situation," Morneau told reporters in Toronto Thursday.

"And if it contributes to them looking more carefully at whether the mortgage is the right size for them ... that'll be a positive for their family and a positive for the economy."

The federal government announced a series of changes aimed at stabilizing the country's housing markets, including tightening mortgage rules that will put new limits on how much some buyers can borrow.

The new rules mean that as of Oct. 17, all insured mortgages will have to undergo a stress test to make sure borrowers will still be able to make their payments even if interest rates go up in the future.

THE CANADIAN PRESS

metro SCIENCE

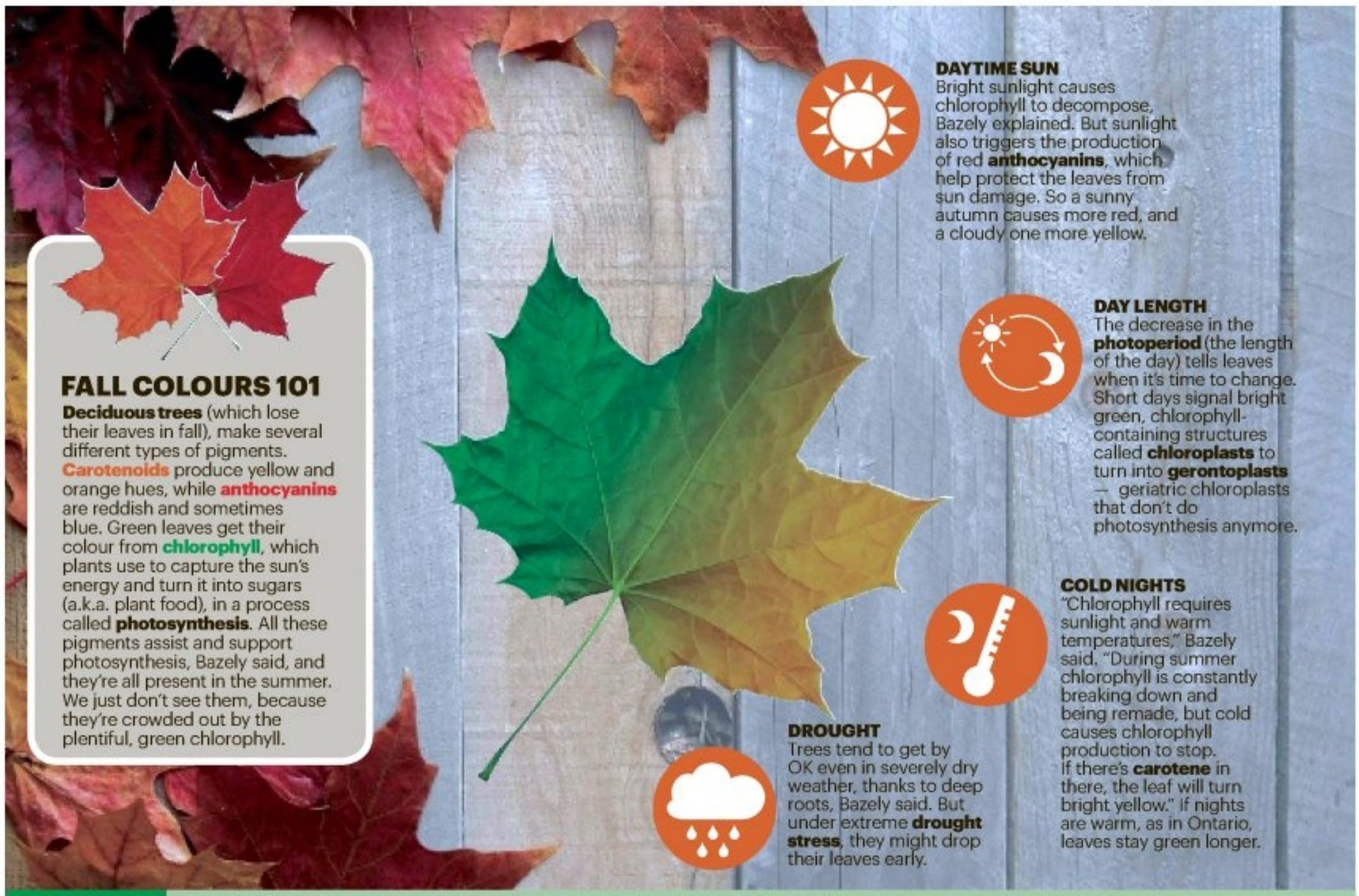
Your essential daily news

Nature's superheroes, naked mole rats, have poorly functioning pain receptors that make them nearly impervious to trauma

DECODED by Genna Buck and Andrés Plana

WHY ARE THE LEAVES CHANGING LATE?

Do boring fall bike rides have you feeling green with envy over parts of Canada where brilliant colours have begun? Every autumn, shortening days set off a series of genetic changes in trees. A build-up of cells at the base of leaves cuts off the flow of nutrients: That's part of it. But many other factors determine when and how the leaves change. **York University plant biologist Dawn Bazely explains.**



FALL COLOURS 101

Deciduous trees (which lose their leaves in fall), make several different types of pigments. **Carotenoids** produce yellow and orange hues, while **anthocyanins** are reddish and sometimes blue. Green leaves get their colour from **chlorophyll**, which plants use to capture the sun's energy and turn it into sugars (a.k.a. plant food), in a process called **photosynthesis**. All these pigments assist and support photosynthesis, Bazely said, and they're all present in the summer. We just don't see them, because they're crowded out by the plentiful, green chlorophyll.

DAYTIME SUN
Bright sunlight causes chlorophyll to decompose, Bazely explained. But sunlight also triggers the production of red **anthocyanins**, which help protect the leaves from sun damage. So a sunny autumn causes more red, and a cloudy one more yellow.

DAY LENGTH
The decrease in the **photoperiod** (the length of the day) tells leaves when it's time to change. Short days signal bright green, chlorophyll-containing structures called **chloroplasts** to turn into **gerontoplasts** — geriatric chloroplasts that don't do photosynthesis anymore.

COLD NIGHTS
"Chlorophyll requires sunlight and warm temperatures," Bazely said. "During summer chlorophyll is constantly breaking down and being remade, but cold causes chlorophyll production to stop. If there's **carotene** in there, the leaf will turn bright yellow." If nights are warm, as in Ontario, leaves stay green longer.

DROUGHT
Trees tend to get by OK even in severely dry weather, thanks to deep roots, Bazely said. But under extreme **drought stress**, they might drop their leaves early.

FINDINGS
Your week in science

ISTOCK

BIRD FLU GOES VIRAL
A team including scientists from Guelph, Ont. has discovered the 2014-2015 global outbreak of H5N8 influenza was spread in part by migrating wild birds carrying the virus from poultry farms in South Korea.

SOUND SMART

DEFINITION
Senescence is the process of aging in cells. It happens when cells stop dividing, change their function, but haven't died (yet). **Cellular senescence** is what's going on in your cells while you're undergoing **organismal senescence** (a.k.a., getting old).

USE IT IN A SENTENCE
Leaves changing colour in the fall is also called **autumn senescence**, because the cells stop growing and stop producing chlorophyll.

metro Your essential daily news

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ADVANTAGE Ford

metro WEEKEND

Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL

This weekend Ben Affleck plays an accountant with autism and a violent side in The Accountant, which also stars Anna Kendrick. CONTRIBUTED

Crooks with pocket protectors

THE ACCOUNTANT

This dull profession still gets its time in the limelight

Richard Crouse
For Metro Canada

Ben Affleck plays the title role in the thriller The Accountant.

"Like, a CPA accountant?" asks a Treasury Department worker. "Not quite," replies agent Ray King (J. K. Simmons) in what might be the understatement of the year.

Affleck is a pocket-protector-wearing forensic accountant who "risks his life cooking the books for some of the scariest people on the planet: drug cartels, arms brokers, money launderers, assassins." A math genius with autism and a violent side, he survives his dangerous world through dual facilities for arithmetic and mayhem. "He's a very distinct and unusual character," Affleck told Entertainment Weekly. "A little bit different than your average, everyday person in the way he processes information and social thinking, and the way he sees numbers and logic, and that he's trapped a little bit in his own mind."

Affleck joins a long list of actors who have looked for loopholes, legal, financial and otherwise, on the big screen.

MOVIE RATINGS by Richard Crouse

The Accountant	★★★★
American Honey	★★
Christine	★★★
Unless	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

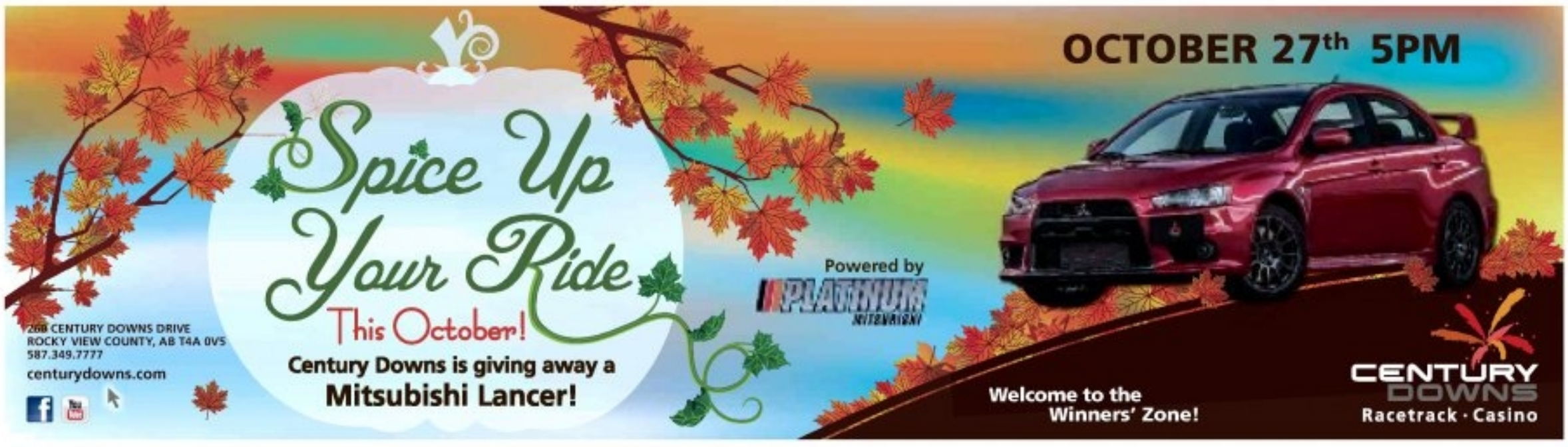
The late, great Gene Wilder became a star playing bookkeeper Leo Bloom in The Producers. "I spend my life counting other people's money. People I'm smarter than." Bloom comes up with the get-rich-quick scheme to mount a terrible Broadway musical and make off with the investor's cash when the show flops. His plan falls apart when Springtime for Hitler becomes a hit but his business partner still has good things to say. "You're an accountant," raves Max Bialystock. "You're in a noble profession! The word 'count' is part of your title!"

Rick Moranis played Louis Tully, an accountant possessed by an ancient spirit in Ghostbusters. Before he goes all supernatural Louis throws a bash to celebrate his fourth anniversary as an auditor at his swanky Central Park West apartment. "I'm givin' this whole thing as a promotional expense," he says, "that's why I invited clients instead of friends." The scene was shot in one continuous take with Moranis making his way through the party, improvising perfectly nerdy dialogue — "This is real smoked salmon from Nova Scotia, Canada, $24.95 a pound! It only cost me $14.12 after tax, though."

In The Untouchables, Charles Martin Smith plays Oscar Wallace, the bespectacled book balancer who puts together the tax evasion case against notorious mobster Al Capone. The character was largely based on Frank Wilson, the IRS Criminal Investigator who spent years keeping tabs on Capone's financial dealings before laying charges. A self-penned article on his exploits, He Trapped Capone, inspired the 1949 Glenn Ford film The Undercover Man.

Cher initially turned down the Oscar-winning role of Loretta Castorini, the widowed accountant in Moonstruck who falls for a one-handed baker. Though exhausted from one of the busiest years of her career, she ultimately took the part. When Moonstruck was done she took a week off before shooting the courtroom drama Suspect.

Bloom, Tully, Wallace and Castorini are reel life bookkeepers, but in real life several actors almost chose figures over fame. Bob Newhart worked the ledger books for United States Gypsum and Eddie Izzard studied accountancy at the University of Sheffield.



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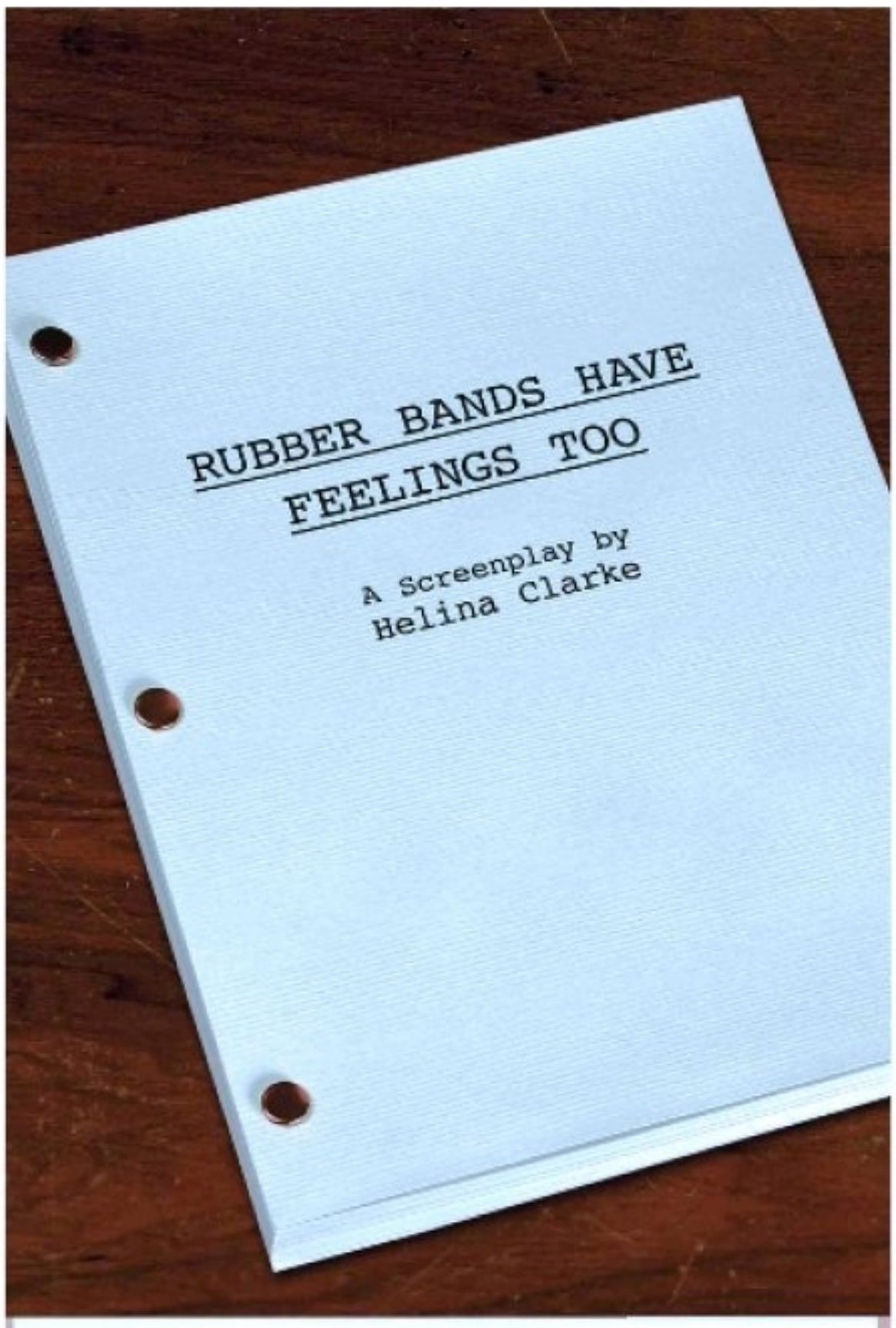

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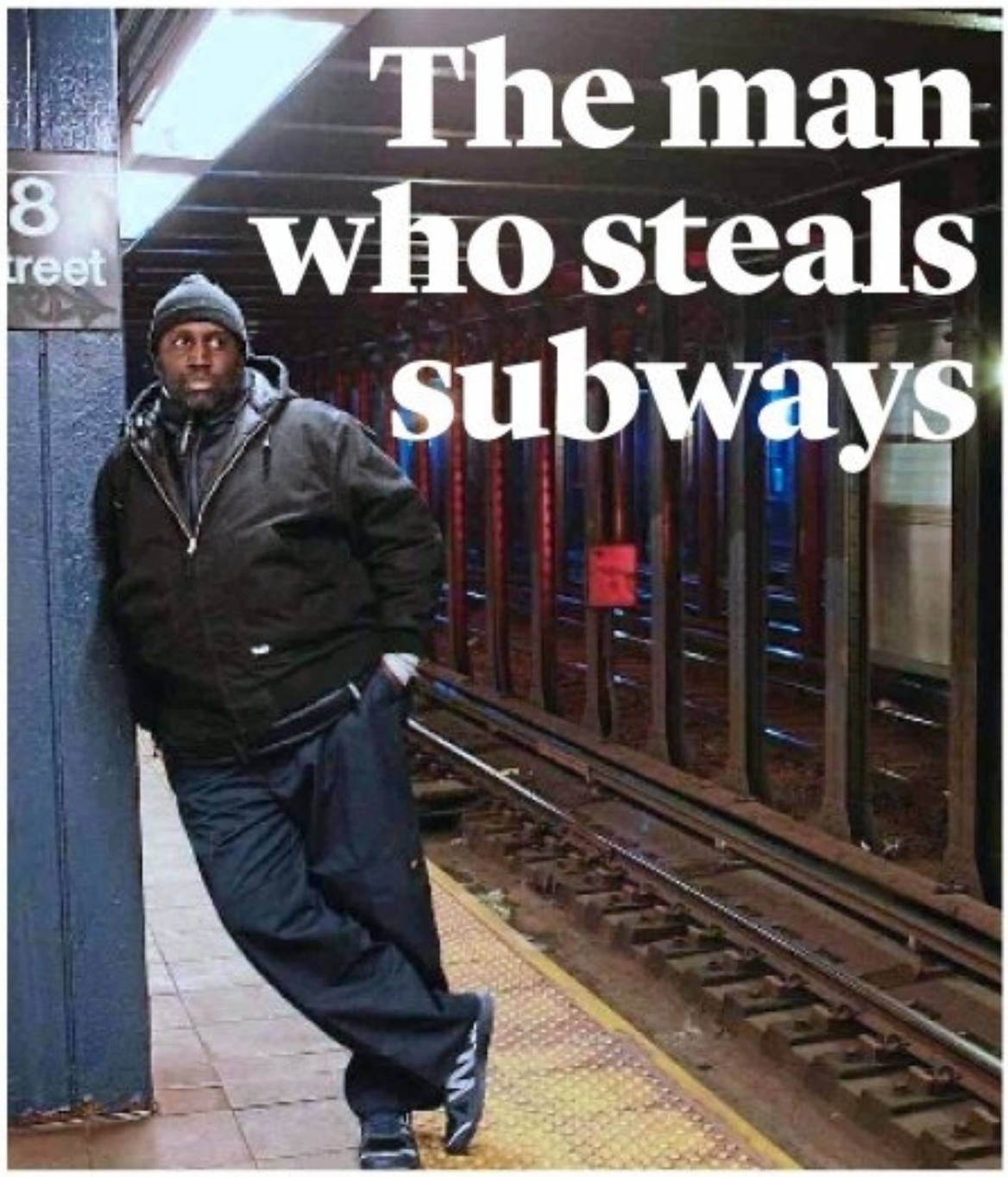


Darius McCollum has stolen buses and trains in a simple desire to drive them safely from one destination to the next. McCollum has a form of Asperger's syndrome that produces highly skilled and extremely narrow interests in those affected. CONTRIBUTED

OFF THE RAILS

A lifelong obsession with transit has serious effects

Steve Gow
For Metro Canada

You may think you love the subway as much as the next person, but you haven't met Darius McCollum yet.

The 51-year-old New Yorker was so enamored with city transit, he developed a lifelong obsession that led to stealing buses and trains in the simple desire to safely drive them to their appropriate destination.

"I love stories about imposters," admitted filmmaker Adam Irving, who captures McCollum's incredible passion for stealthily stealing transit in the acclaimed documentary Off The Rails.

"I'm very impressed and intrigued by people who can go their whole lives pretending to be someone else."

But as the film points out, the root of McCollum's obsession also has a dark side. Afflicted by Asperger's syndrome, McCollum's motives originate from a form of autism that produces highly skilled (but narrow) interests in those affected.

"He had this amazing memory," recalled Irving, admitting McCollum was so familiar with the New York subway system, he could name all 469 stations.

That childlike enthusiasm may have made him "less like a criminal" to Irving, but it hasn't stopped Manhattan's most reliable bus-jacker from having to pay a price for his actions.

In fact, his harmless preoccupation with pilfering public transportation led McCollum to spending nearly half his life in jail — surely a sort of crime in itself.

"It's not just about Darius, it's about this flawed system that needs to be fixed," insisted Irving.

"This is a real tragedy of a man with a passion who could have led a very fulfilling life (but) he just fell through the cracks and had his whole life screwed and we need to do something about it."

While Irving hopes the film reveals the justice system's shortcomings in dealing with sufferers of mental health, the shocking truth is, Darius McCollum actually has no regrets about spending time in prison.

"Because of his Asperger's, Darius thrives on the routine," said Irving. "He feels very calm because he knows what's going to happen. Ironically, the only place where he's not at ease is as a free man trying to make it in the world — that's where he panics, steals a bus, gets arrested and goes back to jail where everything's OK."

"All those times when I was on the train thinking everything was fine, there was an imposter driving
Filmmaker Adam Irving

Role of vagabond comes naturally

Rookie actress Sasha Lane plays an 18-year-old from a troubled home, in **American Honey.** HANDOUT

AMERICAN HONEY

Sasha Lane talks about her accidental acting break

Richard Crouse
For Metro Canada

These days Sasha Lane is waiting for her next big film role, but not so long ago the 21-year-old American Honey star was waiting tables at a Mexican restaurant in Texas.

After a talent scout told her, "You have a face for movies," she left the eatery to embark on what she calls "the biggest blessing of my life."

With acting on her mind she answered an ad looking for people who were "wild, physical, fearless and ready for adventure. No acting experience required."

Her natural charisma impressed British director Andrea Arnold, who cast her in the lead role of a two-hour-and-40-minute faux cinema vérité road movie that sees her play Star, an 18-year-old from a troubled home.

Her character's ticket out of the dysfunction she has grown up with is a travelling band of magazine sellers led by the charismatic Jake (Shia LaBeouf) and Krystal (Riley Keough).

For two months, Lane hit the highway, travelling the dusty back roads of the American Midwest shooting a movie that was part scripted, part improvisation.

"We got sides the day before and the day of," Lane says.

"The scenes between Krystal and me were more scripted. This is the word, these are the lines. Some of the scenes where I'm in the van with the kids were more like, 'I need you to mention that. Get from point 'a' to point 'b.' Go with it. Fill it out a little bit."

It was a process of discovery for the first-time actress as she learned about her character as the shoot wove its way across country.

"I didn't know much about my character or much about what was happening," Lane says, "but Andrea would say to me stuff like, 'Sasha, you're representing all the girls who go through this.'

"I was thinking, 'don't be scared. You get to do this and in a way it's what you've always wanted to do.' I was studying psychology and social work in college. This is an artistic way to do what I wanted to do.

"I was excited and very much nervous because I had never done it before and people were going to be watching it. I knew it was a movie but it didn't really hit me until I saw the trailer."

Life on the shoot was all encompassing —"You're in this bubble," she says. "I didn't have outside thoughts."— but not always exciting. "There was a lot of sitting in parking lots," she laughs.

Nonetheless she threw herself at the role.

"I remember when there were times I would go to Andrea and be like, 'I can't f—ing tell what the difference is between my life in this movie and my real life.' It was insane."

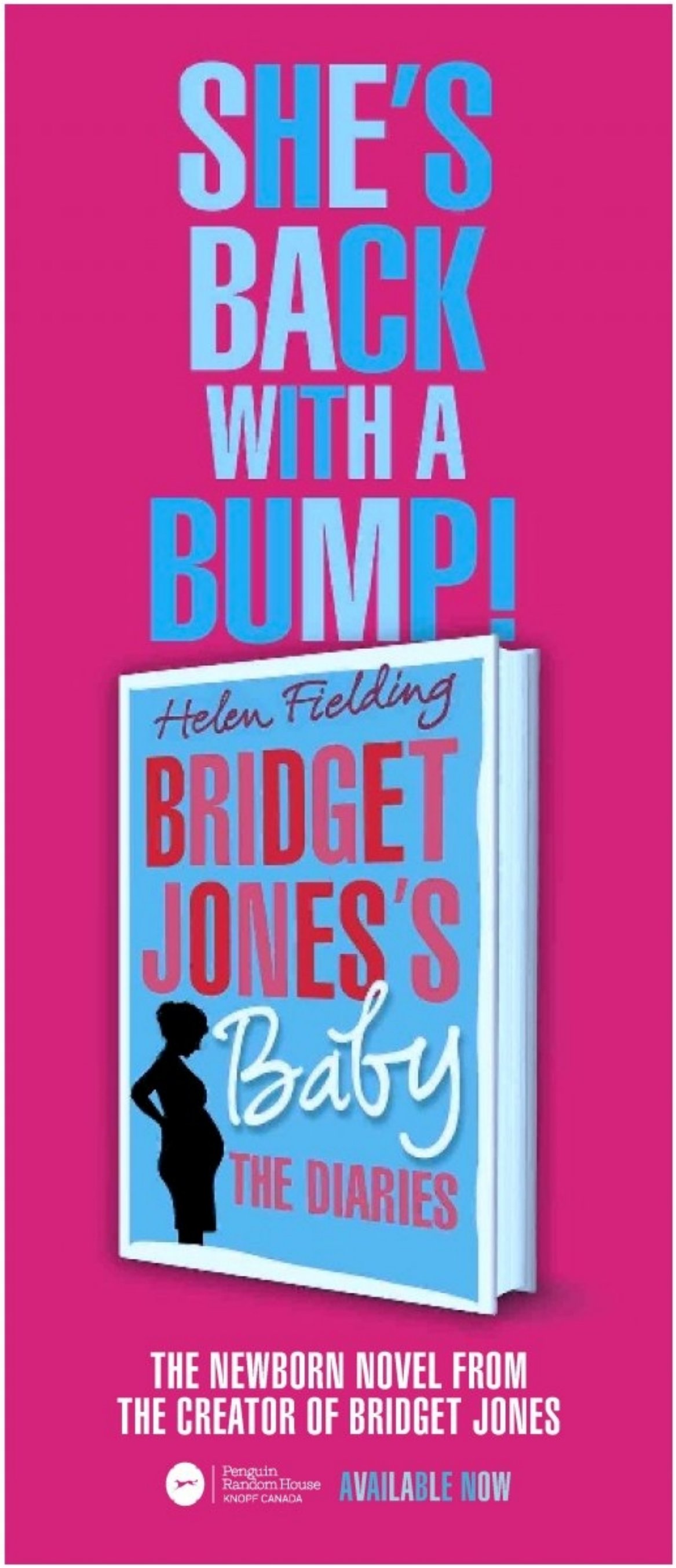
All the work paid off: "A Star is born," raved The Guardian — and she's now weighing multiple offers.

Rumours suggest she'll either star in Hunting Lila, based on the popular YA books by Sarah Alderson or Shoplifters of the World, a true-life drama about the night The Smiths announced they were calling it quits.

Wherever Lane lands it's certain the shoot will be much different from the singular American Honey shoot.

"I just did a short," she told me in September, "and I was like, 'Oh, I get to go back home?' Nothing is like this experience."

> **I remember when there were times I would to go Andrea (the director) and be like 'I can't tell what the difference is between my life in this movie and my real life'** Sasha Lane



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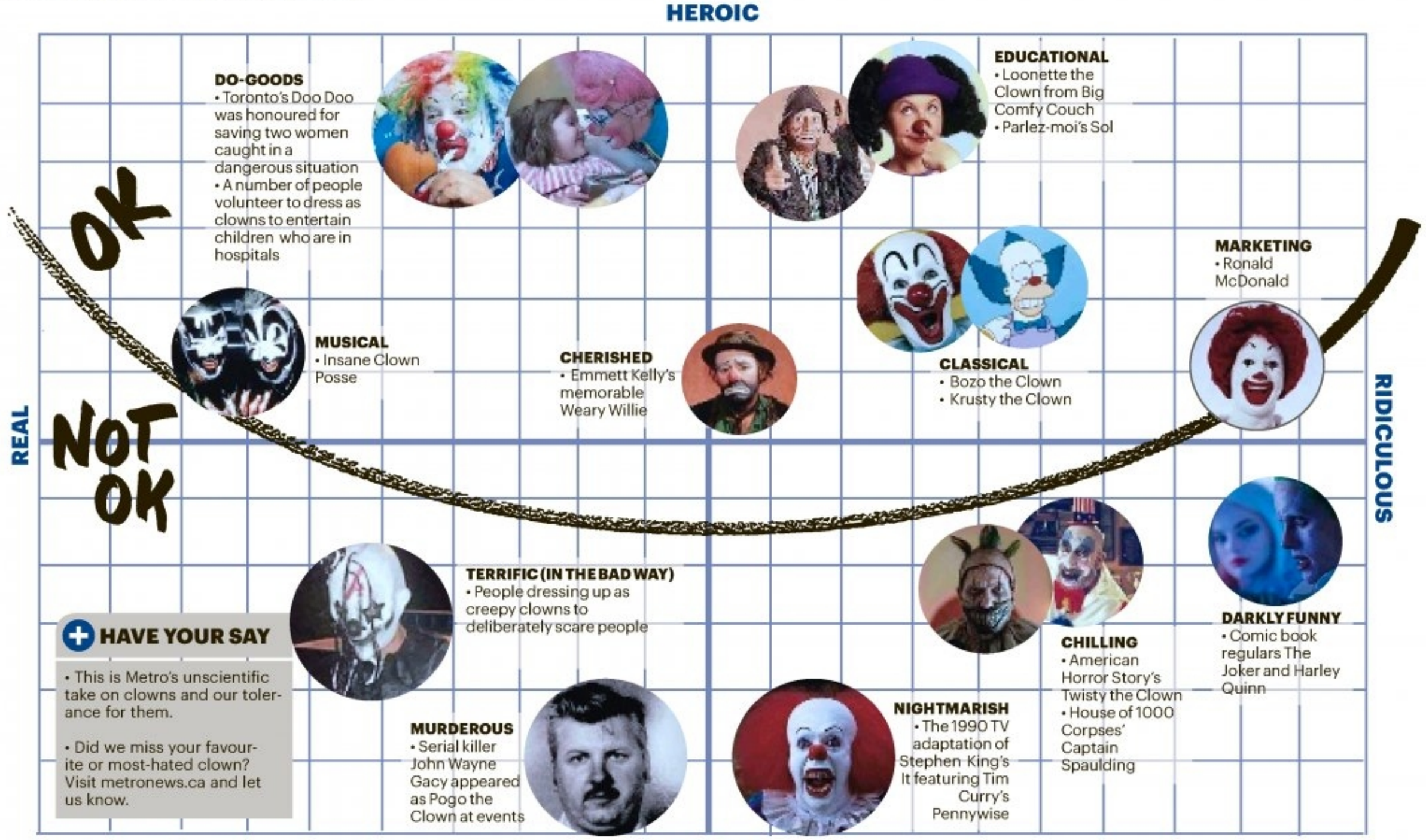
CHARTED KNOW YOUR CLOWNS

With their exaggerated smiles, noses and eyes, clowns hit the funny bone for some while triggering feelings of fear in others. Recent internet posts and out-of-the-circus clown sightings have sent schools into lockdowns, menaced neighbourhoods and placed those making their costumed-living entertaining others on the defensive. So — assuming recent clown sightings aren't a marketing ploy for the reboot of **Stephen King's It in Sept. 2017** — where does the tipping point exist between humour and horror? Metro decided to chart some famous and infamous, real and unreal, clowns to see where the line is drawn between promoter of joy and provocateur of terror. Send in the clowns. **METRO CANADA**



JT's concert film the full force of pop spectacle

Justin Timberlake turned to iconic director Johnathan Demme to produce Justin Timberlake and the Tennessee Kids. HANDOUT

NETFLIX

Singer's world tour a chance to 'Timberlake and Chill'

Justin Timberlake's desire to make a concert film could be traced directly back to when he saw Jonathan Demme's iconic 1984 Talking Heads concert film Stop Making Sense.

"There's just no other concert film like it," Timberlake said in a recent interview. "It changed the way I saw concerts from then on out."

When the pop star-actor met with Demme to discuss a script, Timberlake couldn't help gushing — to an embarrassing degree, he says — to the director.

Though that project never materialized, Timberlake thought of Demme immediately when the idea of making a film from his 2013-2015 20/20 Experience world tour came up.

"It wasn't about him being the first choice," says Timberlake. "He was the only choice."

With a quick phone call to Demme, it was a done deal.

"It was the easiest. Stop Making Sense was pretty easy, too, but that time I had to call David Byrne and spend half-an-hour convincing him to make the movie," Demme said with a chuckle in a separate interview. "I've been obsessed with working with Justin in a film ever since I saw him in The Social Network."

The film, Justin Timberlake and the Tennessee Kids, hit Netflix on Wednesday, lending the streaming platform a megawatt dose of Timberlake's fluid, seemingly effortless stardom. He has touted it as an opportunity to "Timberlake and Chill."

With Demme's cameras trained squarely on the singer, the film captures the wide range of Timberlake, whose silky-smooth performance is like a 21st century hybrid of Frank Sinatra and Michael Jackson. Both are repeatedly referenced throughout Timberlake's performance.

"It's a concert film but it's the most personal film I've made about creating music," says Timberlake, whose 2013 20/20 Experience album was his first in seven years. "It was a really great time for me in my career and what was happening in my life."

Stop Making Sense chronicles the steady swell of Byrne's funk extravaganza: It begins with him on a bare stage with an acoustic guitar and builds to a teaming ensemble and Byrne in an oversized suit. But Justin Timberlake and the Tennessee Kids is the full force of a pop spectacle, with giant screens, laser lights, backup dancers and a moving platform.

It's a new groove for Demme, a filmmaker who moves between fiction films (The Silence of the Lambs, Philadelphia, Rachel Getting Married) and performance documentaries (Neil Young: Heart of Gold, Spalding Gray's Swimming to Cambodia).

Timberlake's Vegas shows came after 14 months of touring and more than 130 shows.

For Justin, the movie is about the vast number of people that created the entire experience.

"When you got down to it, this tour, more than any other tour, was such a shared experience for me with the people on stage and the people off stage," Timberlake says. "I changed the title of the movie to 'and the Tennessee Kids.'"

THE ASSOCIATED PRESS

CAPTURING JT

Two cameras remain on Timberlake throughout: one giving Demme a close-up for every single moment, the other a head-to-toe shot. But that's only the foundation of Demme's approach. From there, he mixes in closely observed footage that captures the interplay of musicians and dancers, and the close-knit family of performers.

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Cancer attacking Downie's memory

THE NATIONAL

Hip frontman shares struggle in interview with Mansbridge

Tragically Hip frontman Gord Downie says his memory is fading as he battles terminal brain cancer.

Downie spoke with anchor Peter Mansbridge in an exclusive interview for CBC's The National, which was set to air Thursday night.

In a preview clip of the interview, Downie tells Mansbridge he "can't remember hardly anything."

He admits he had to write Peter on his hand so he wouldn't forget the name of the man interviewing him, whom he's known for 25 years.

Downie also says he's fighting his terminal illness, hoping he "can get more time."

When Mansbridge asks him if he's "resigned to the direction this is heading," he says, "Yes, I am. I really am."

Downie revealed his cancer earlier this year. Over the summer, he and the Hip put on a 15-show tour that ended with a live broadcast concert that drew millions.

On Tuesday, Downie is set to release Secret Path, a new solo album with an accompanying graphic novel inspired by the tragedy of Canada's residential school system.

He's also scheduled to perform at the National Arts Centre in Ottawa on Tuesday, and Roy Thomson Hall in Toronto on Oct. 21.

Secret Path tells the story of a 12-year-old First Nations boy in Ontario named Chanie Wenjack, who died in 1966 after running away from the Cecilia Jeffrey Indian Residential School near Kenora, Ont.

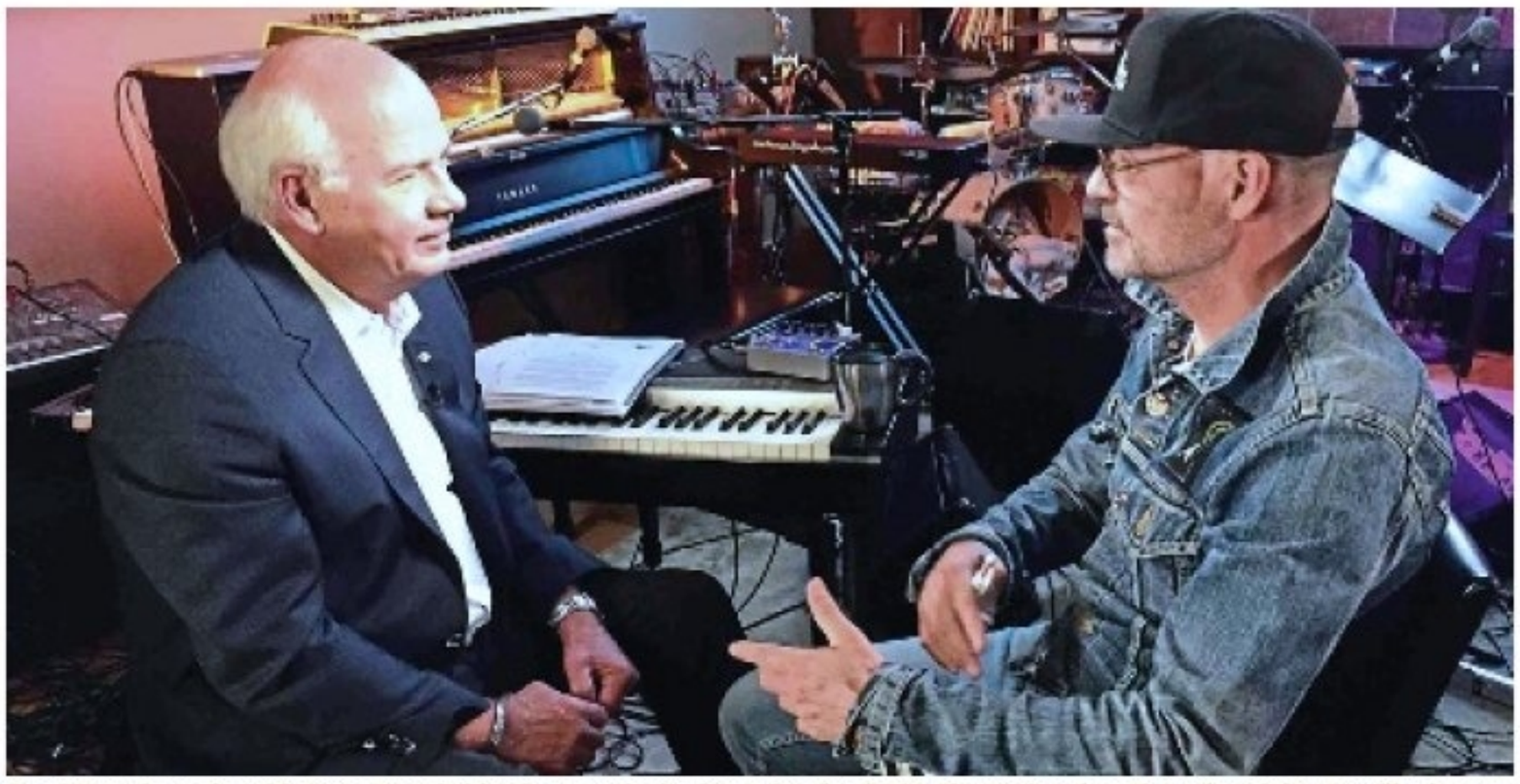
An animated film on the story — accompanied by documentary footage of Downie tracing Chanie's steps with the Wenjack family — will be broadcast on CBC on Oct. 23.

The interview marks the first time he's discussed his condition publicly.

Downie tells Mansbridge his memories used to be his "forte."

"And now I can't remember hardly anything. I have 'Peter' written on my hand. I have a few things written on my hands. And I say that just to be up front, because I might call you Doug."

THE CANADIAN PRESS



Gord Downie spoke with Peter Mansbridge in an exclusive interview for CBC's The National on Thursday night. He will release a new solo album next week called Secret Path. THE CANADIAN PRESS

> **I have 'Peter' written on my hand. I have a few things written on my hands. And I say that just to be up front, because I might call you Doug**
>
> Gord Downie, talking to Peter Mansbridge about his memory loss

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Highway of Tears given new context

The four-minute virtual reality experience of the Highway of Tears uses a 360 degree aerial view of the highway. CONTRIBUTED

IMAGINATIVE FESTIVAL

Story captured in virtual reality sheds light on slain women

Kris Abel
For Metro Canada

It's known as the Highway of Tears, an empty stretch of road in Northern British Columbia where at least 18 women, mainly indigenous, have gone missing or have been murdered since the 1970s.

The locals put the number at 50 women and their frustration at the lack of progress by the RCMP has been shared nationally through the news.

"For the native folks around there, the Highway of Tears is ground zero for them," explains Lisa Jackson, an indigenous filmmaker who has been commissioned by the CBC's The Current to capture the story in virtual reality. "That's where they come from, that's where their communities are, and it's not an isolated stretch somewhere out beyond, it's the very centre where their ancestors have always been."

The four-minute experience will take you to the land and into the lives of those involved so you can see for yourself what it's like to live there.

"We were able to use aerial 360 video footage so you can look around from the sky above the highway" says Jackson, "and just see this gorgeous landscape and then you look down and there's this ribbon of highway which most of the time has no cars on it. We weren't making it into a tourism video, but it is gorgeous, there's just no two ways about it; there's mountains, it's green, it's just stunning up there."

When you enter the home of Matilda Wilson, whose daughter Ramona is among the murdered, it's a chance not only to hear her story, but to look around in her personal space.

"I've been to a lot of homes up in this area, on reserves, they're kind of unique because they're just plastered with family photos in a way you that don't see very often" says Jackson. "It was a fairly modest home and on every wall was not only photographs of all her large family, but also tributes to Elvis. It was just such a colourful space."

Through Matilda, we get to experience the night her daughter left for a party only to disappear. With virtual reality, Jackson says we can get "inside that experience of what it would be like to be that mother and the unknowing of it."

"Eventually she did find out the worst," Jackson confirms, "but just putting us in those shoes of how awful it would be to be in that situation and not know and sort of have the police say 'well, y'know, give it a couple of weeks, she'll probably come back.'"

The Highway of Tears VR will be featured in Toronto's ImagineNATIVE film & media arts festival from Oct. 19th – 23 and will also be used for a series of Town Hall discussions across the country that will air on CBC radio, starting in Prince George, B.C.

Filmmaker Lisa Jackson has made a four-minute virtual reality story on the Highway of Tears. CONTRIBUTED

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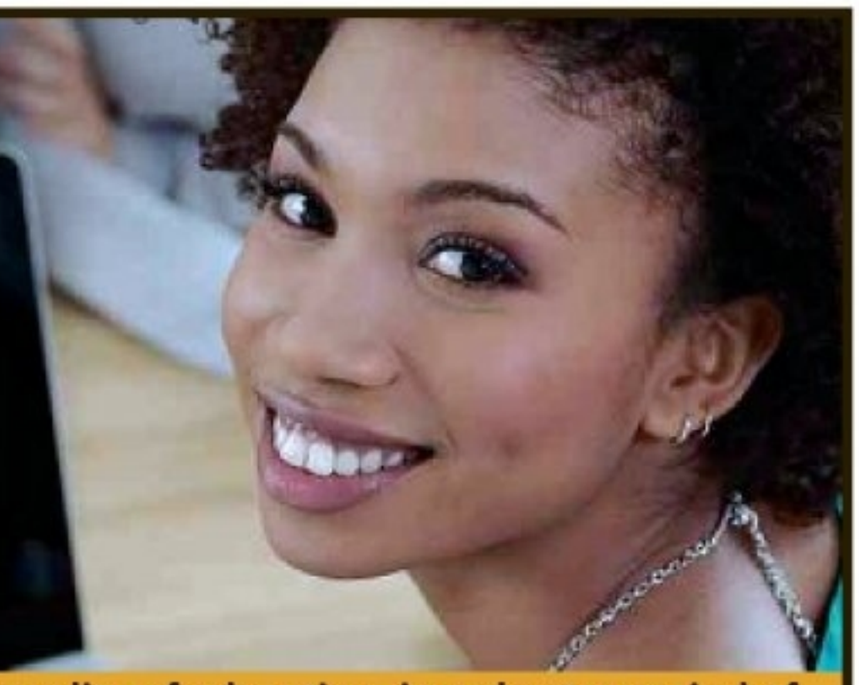

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Improv key in mockumentary: Lynch

MASCOTS

Christopher Guest brings back regulars for furry flick

Bob Balaban, Ed Begley Jr., Jane Lynch and Michael Hitchcock in a scene from Mascots, which premieres Thursday on Netflix.
SCOTT GARFIELD/NETFLIX VIA AP

Consider comic actress Jane Lynch a weekend warrior.

The former Glee star says she logged scenes for the new Christopher Guest mockumentary Mascots on the weekends, in the same way she shoots her hosting gig on Hollywood Game Night.

It was because she was also working on her short-lived sitcom Angel From Hell at the time, and much of the rest of the sprawling Mascots cast similarly had competing jobs.

Perhaps that's why it took 10 years for writer-director Guest to again assemble his regular collaborators — including Lynch, Bob Balaban, Jennifer Coolidge, Parker Posey and Fred Willard — who also featured in the farces A Mighty Wind, Best in Show and most recently, For Your Consideration?

"I have no idea," Lynch says during a whirlwind stop to preview the film at the Toronto International Film Festival last month.

"That's always Chris's call. Every time we do a movie, he's always said at the end, 'Ah, that's it, I'm done. I'm not going to do it again.' And then two or three years later you'd hear from him. But we went 10 years this time. So I thought it was really over. I'm very happy we did another one."

In Mascots, which premieres Thursday on Netflix, the action centres on the outlandish world of sports mascots, a surprisingly competitive arena of sweaty fur suits and giant wobbling heads.

> **You can't improvise if you haven't made up your mind about who the character is.**
> Jane Lynch

Guest trains his lens on a series of top mascots from around the world as they prepare to compete for the World Mascot Association's prestigious top honour — the Golden Fluffy.

Guest himself pops up as Corky St. Clair, the flamboyant small-town theatre director from 1997's Waiting for Guffman.

Lynch plays Gabby Monkhouse, whose alter ego Minnie the Moose was lead cheerleader for a junior college baseball team. Gabby has retired from the sport, but remains in the spotlight thanks to a bestselling inspirational book and a regular gig judging the high-profile championship.

Guest and longtime collaborator Jim Piddock provided the cast with a detailed outline of the story and characters — but no dialogue, says Lynch.

It's always risky to improvise dialogue, says Lynch, who adds that she and co-star Ed Begley Jr. did not speak before shooting their scenes.

For Lynch, preparation was key.

"The great thing about these movies is there's no obligation to get to the point. (Guest) really wants you to linger and don't feel obliged to talk or make anything happen. Just be firmly rooted in your character, so that's why our work is done before we even start shooting," says the veteran comic.

THE CANADIAN PRESS

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Blue Jay an offbeat depiction of romance

Actors Sarah Paulson and Mark Duplass are shown in a scene from the film Blue Jay, about former high school sweethearts who are serendipitously reunited decades after graduation. THE CANADIAN PRESS/HANDOUT, TIFF

NETFLIX

Low budget project takes creative risks to charm viewers

Writer and actor Mark Duplass had The People v. O.J. Simpson star Sarah Paulson on his mind for his whimsical drama Blue Jay, about two former high school sweethearts who are serendipitously reunited decades after graduation.

"I was really struck by how wonderfully silly, goofy and sweet she is as a person," Duplass said of the Emmy-winning actress, who he knew through friends.

"You watch her ... play Marcia Clark and you don't have that sense of what a loving, normal girl she is."

The unconventional black-and-white film, which is now available to rent on iTunes before hitting Netflix later in the year, focuses solely on the two lead characters. It's the kind of offbeat project Duplass lives for.

deal with Netflix that hinges on an attractive proposition: the streaming giant hands over money for a low-budget project, but then gives Duplass the creative freedom to make his vision without any tinkering from executives.

Blue Jay is the first film of the batch. It's firmly entrenched in the spirit of 1990s indie filmmaking, a time when maverick directors gathered money from family and friends to fund their stories.

"We would have these hour-long creative sessions where we'd talk about how to flesh out the storylines," Duplass said.

At the table, they'd discuss their own personal challenges before "thinly veiling some of those things so they weren't directly stolen."

Duplass would then write pages for the next day's shoot, giving himself and Paulson almost no time to memorize the scenes.

"It's by design so that when the lightning strikes while you're shooting, you can capture it," he said.

> **We spent (time making) sure the movie plays nice, slow and organically, but also rewards the person for sticking around.**
> Mark Duplass

Despite starring in the HBO series Togetherness and having a recurring role on The Mindy Project, Duplass has spent most of his career as writer, director and actor in independent films like Cyrus, Jeff, Who Lives at Home and Creep.

His company Duplass Brothers Productions, which he owns with sibling Jay, recently signed a four-picture

THE PROCESS

The entire film was shot in seven days from a 20-page outline drafted by the stars, director Alex Lehmann and three producers.

In the current Hollywood climate dominated by superheroes and blockbuster titles, Blue Jay is an anomaly in nearly every respect.

Small projects like this usually don't get made without major international star power.

Duplass is hopeful viewers will discover and appreciate the film's charm.

"We were questioning ... can we just play a two-character chamber piece in black and white and still be entertaining and relevant," he said.

"We spent (time making) sure the movie plays nice, slow and organically, but also rewards the person for sticking around."

THE CANADIAN PRESS

Reese Witherspoon's upcoming, untitled book will be based on her upbringing in Tennessee. LIZ BEDDALL/FOR METRO

PUBLISHING

Witherspoon to pen lifestyle book

Already known for recommending books on her Instagram account, Reese Witherspoon is ready to write one herself.

The Oscar-winning actress has a deal with Touchstone for a lifestyle book based on her upbringing in Tennessee. The book is currently untitled and scheduled to come out in 2018.

In a statement released through Touchstone, Witherspoon said the book was a "unique opportunity" to tell funny stories and provide hints on her idea of "Southern living." According to the publisher, the book will feature photographs and personal essays and will tell how all women can draw upon the South's "signature style, grace and charm."

THE ASSOCIATED PRESS

Bob Dylan's music has influenced everyone from The Beatles to Bruce Springsteen and Bono. THE ASSOCIATED PRESS FILE

Dylan wins Nobel Prize

REACTION

Singer first musician to take home major award

Singer-songwriter Bob Dylan won the 2016 Nobel Prize in literature on Thursday, a stunning announcement that for the first time bestowed the prestigious award on a musician for "having created new poetic expressions within the great American song tradition."

Reporters and others who gathered at the Swedish Academy's headquarters in Stockholm's Old Town reacted with a loud cheer as his name was read out.

Dylan, 75, is the most iconic poet-musician of his generation. Songs such as Blowin' in the Wind and The Times They Are A-Changin' became anthems for the U.S. anti-war and civil rights movements of the 1960s. He is the first American winner of the Nobel literature prize since Toni Morrison in 1993.

Dylan's impact on popular culture was immense and his influence as a lyricist extends to every major music figure and songwriter of the last 50 years, from the Beatles to Bruce Springsteen, Bono, Ed Sheeran and beyond.

Generally described as a rock musician, Dylan has been influenced by numerous musical styles, including country, gospel, blues, folk, pop, and rhythm and blues. He pursued them all, sometimes separately and other times simultaneously, establishing a towering influence.

But although he had been mentioned in Nobel speculation for years, many experts had ruled him out, thinking the academy wouldn't extend its more than a century-old award to the world of music.

They were wrong. The academy's permanent secretary, Sara Danius, said while Dylan performs his poetry in the form of songs, that's no different from the ancient Greeks, whose works were often performed to music.

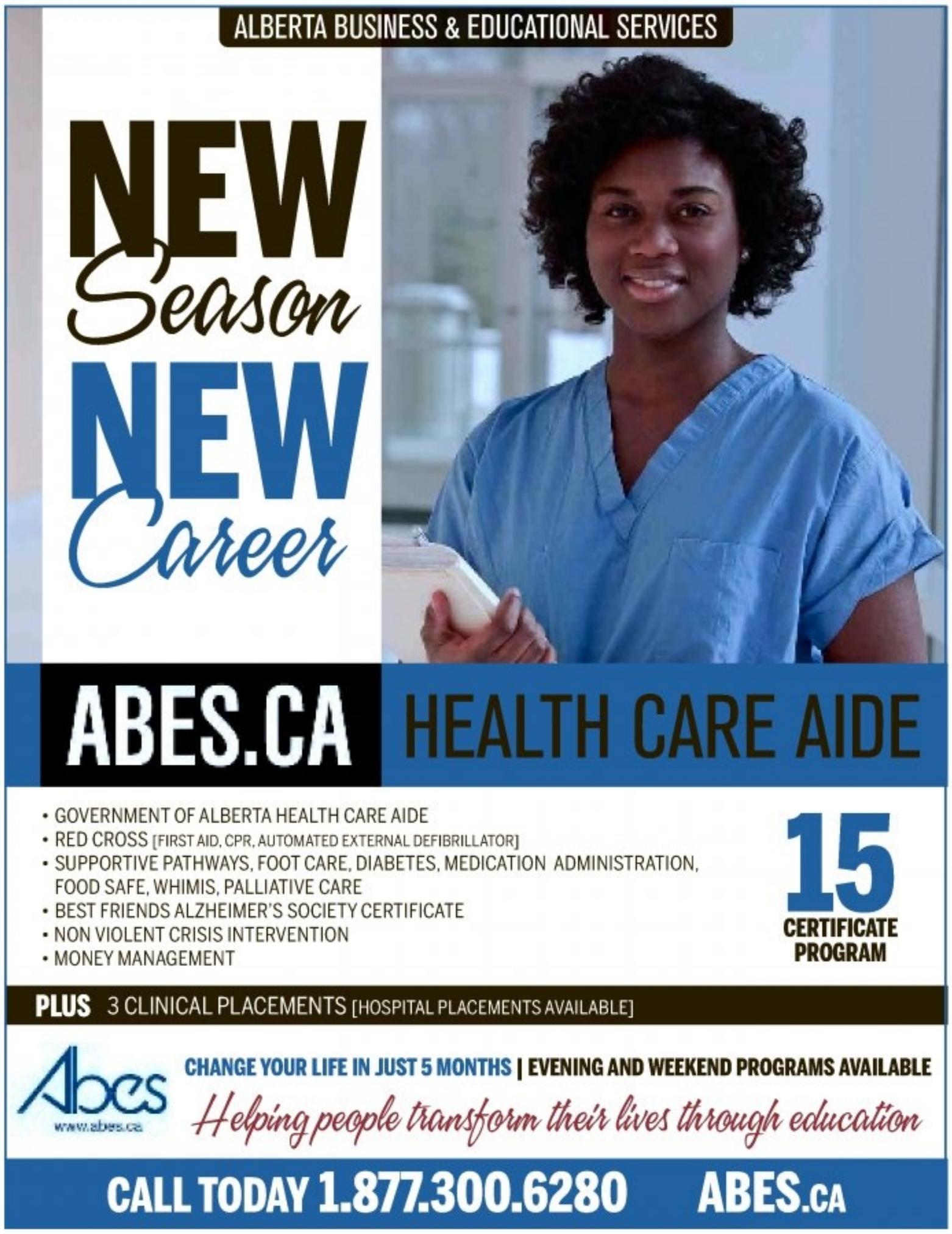
"Bob Dylan writes poetry for the ear," she said. "But it's perfectly fine to read his works as poetry."

Danius said that a "great majority" on the 18-member Nobel panel voted for Dylan. She said her personal favourites among Dylan's songs include Chimes of Freedom and Visions of Johanna, and suggested that people unfamiliar with Dylan's music start by listening to his 1966 album Blonde on Blonde.

Writers, musicians and even heads of state commented on the Nobel academy's choice on Twitter. British author Salman Rushdie, whose name is often mentioned in the Nobel Literature Prize speculation, called Dylan "the brilliant inheritor of the bardic tradition. Great choice."

Scottish novelist Irvine Welsh was less impressed, however.

"I'm a Dylan fan, but this is an ill-conceived nostalgia award wrenched from the rancid prostates of senile, gibbering hippies," he tweeted. THE ASSOCIATED PRESS



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Farmers' life hits home for Bryan

CONCERT

Country star plays through pain during U.S. farm tour

Country star Luke Bryan was a bit stiff as he stepped onboard his tour bus in the middle of a soybean field in Elizabethtown, Kentucky. His right arm hung limp in a sling, a casualty of breaking his collarbone during a bicycle accident the day before during his previous tour stop in Tennessee.

But instead of cancelling his show, he switched his microphone over to his left hand and took to the stage, shaking his hips to the music. A few days later, he had surgery to "bolt it back together," as he described it, so he would heal faster.

"I will never outgrow being clumsy," Bryan says. "And now I gotta answer questions about it for the next five months."

But Bryan isn't going to let a broken bone stop him from his Farm Tour, which is a passion project for the reigning CMA entertainer of the year. He's been doing the Farm Tour for eight years and it's grown in scale and purpose. This year, he put out an EP to go along with the tour, similar to what he did for years during his annual Spring Break tours.

> **I will never outgrow being clumsy.**
> Luke Bryan

The Farm Tour brings Luke Bryan concerts to working farms in small agriculturally focused communities and cities that don't have an arena or venue large enough for his regular tour. Crews erect a massive stage in pasture land or hay field and 15,000 fans drive through winding dirt paths to get to the stage.

Bryan feels right at home on Highland Farms in Kentucky. He grew up in a farming business, the son of a peanut farmer in Leesburg, Georgia.

"I spent the majority of my life thinking I would work in agriculture," Bryan said. He was drawn to music as a teen and graduated from Georgia Southern with a business administration degree. His passion for music persisted until he finally made the move to Nashville, Tennessee.

"Farming is pretty brutal, but you know it's also a very fulfilling life. I could have farmed the rest of my life and really had a fun, happy enjoyable life," Bryan said.

Bryan provides a scholarship for a local college student at each of his stops on the Farm Tour, which runs until Saturday.

"On a lot of these farms, these kids from farming backgrounds, they don't want to go to college because they don't want to leave their family with the burden of the farm," Bryan said. "So hopefully we can kick-start their college career." THE ASSOCIATED PRESS

Luke Bryan is in currently performing in his Farm Tour, where he brings concerts to working farms in small agriculturally-focused communities and cities throughout the South and Midwest. AL WAGNER/INVISION/ASSOCIATED PRESS FILE

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'Ick' factor creeping in for Trump, Clinton costumes

HALLOWEEN

Candidates' controversial spoof attire is selling strong

Last Halloween, Erin Holin and her husband coiffed their two-year-old's blond hair, Donald Trump style, and bought him a little suit with a red tie as his costume.

This year, her husband wants to do the same and her answer is no.

"Last year it was silly," Holin said. "It was meant to be a joke and taken as tongue in cheek."

Not so much at the moment, at least for her young child, after a video surfaced of Trump boasting about groping women's genitals and other lows in the presidential race, including two women who told The New York Times that Trump reportedly touched them inappropriately.

Until recently, Trump and Hillary Clinton costumes were still selling strong despite some reservations among those who once had none. What turned them around? The "grab 'em" video, for one, and general anxiety over the low-brow nature of the race.

In spite of it all, Heather Higgins is going for it — for her dogs at least.

She lives in the heart of New York's Greenwich Village, where Halloween is a big and bawdy affair. This year, her male schnauzer-dachshund mix, Winslow, and her female Havanese, Carly, will be dressed in matching royal blue pantsuits as the two candidates.

Winslow will wear a tie, while Carly will accessorize with a scarf.

Following Sunday's debate, another political costume entered the Halloween costume sweepstakes, riffing on the red-sweatered Kenneth Bone who was among a group of undecided voters invited to question the candidates on stage during the town hall-style meet up.

After Bone became an immediate social media sensation, the site Yandy.com — known for creating costumes based on hot-button pop-culture figures — didn't waste any time with the rotund, mustachioed Bone.

Less than 48 hours after the debate, the site went into production for a "sexy" Bone costume and began taking pre-orders, selling out within four hours.

> **Last year it was silly ... and taken as tongue-in-cheek.**
> Erin Holin

Yandy's "Sexy Undecided Voter" features a red crop-top, white crop undershirt, blue high-waisted pants and the must-have moustache, black glasses and — natch — a microphone a-la the one passed around on debate night.

And the price? $99.95 US.

Yandy also has its own take on the Republican nominee with its "Donna T. Rumpshaker" look, priced at $71.95 US. It comes with a white sleeveless collar shirt, red tie, royal blue faux blazer and royal blue booty shorts. A "Making America Great" red cap and blond wig are sold separately.

So how does Yandy feel about that "ick" factor?

"That is for the customers to decide," said Chad Horstman, the site's founder and chief executive.

At costume seller Fun.com, chief marketing officer Mark Bietz said searches for "Trump costume" were on the rise over the last week, while "Hillary costume" searches have been about one-third of Trump's.

"Since we've restocked a billionaire wig that was sold out almost all year, the demand has stayed steady for this product," he offered as one small example. "Though personally I see an 'ick' factor, I'm not seeing it change demand at all."

THE ASSOCIATED PRESS

A model dresses in a Donna T. Rumpshaker costume from Yandy.com, a spoof of U.S. presidential candidate Donald Trump. CHRISTOS SEWELL/YANDY.COM VIA THE ASSOCIATED PRESS

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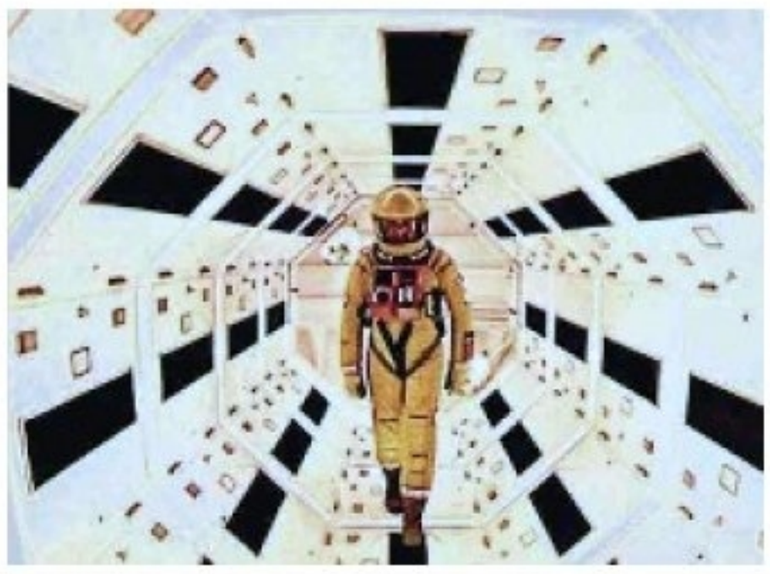

From top left: A closeup of an eye in Blade Runner, and a still from 2001: A Space Odyssey — movies that Obama has watched closely himself. PHOTOS: CONTRIBUTED/GETTY IMAGES

Obama reveals list of fave flicks

FILM

President shares love of sci-fi in film and TV shows

The cerebral interstellar saga 2001: A Space Odyssey and the android drama Blade Runner are among President Barack Obama's favourite sci-fi films and TV shows.

Obama shared his must-watch list of movies and TV shows to "expand your mind to new horizons" in the November issue of Wired magazine.

Obama told the publication that he picked Stanley Kubrick's 2001 because it "captures the grandeur and scale of the unknown," while he selected Ridley Scott's Blade Runner"because it "asks what it means to be human."

Other films on Obama's list included the marooned-on-Mars drama The Martian starring Matt Damon and the simulated reality epic The Matrix featuring Keanu Reeves.

WHAT HE WATCHES

Leader of the free world's list

Here is the short-list of must watch films Obama shared

1. 2001: A Space Odyssey
2. Blade Runner
3. Close Encounters of the Third Kind
4. Star Wars
5. Star Trek
6. The Martian
7. The Matrix
8. Cosmos

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AMA Rewards

Chong gets a buzz from legalizing pot

ACTIVISM

Comedian hopes U.S. will follow example set by Canada

Comedian, musician and pot activist Tommy Chong says he intends to keep "priming the pump" until marijuana is legalized across the United States and in Canada.

He says the introduction of legislation promised for next spring to legalize recreational marijuana in Canada could set an example for the United States, where a state-by-state approach isn't ideal.

Chong, who is scheduled to appear tomorrow at the International Cannabis Business Conference in Vancouver, says he hopes the next American president will legalize pot throughout the U.S. so every state can benefit economically from taxing the drug.

17

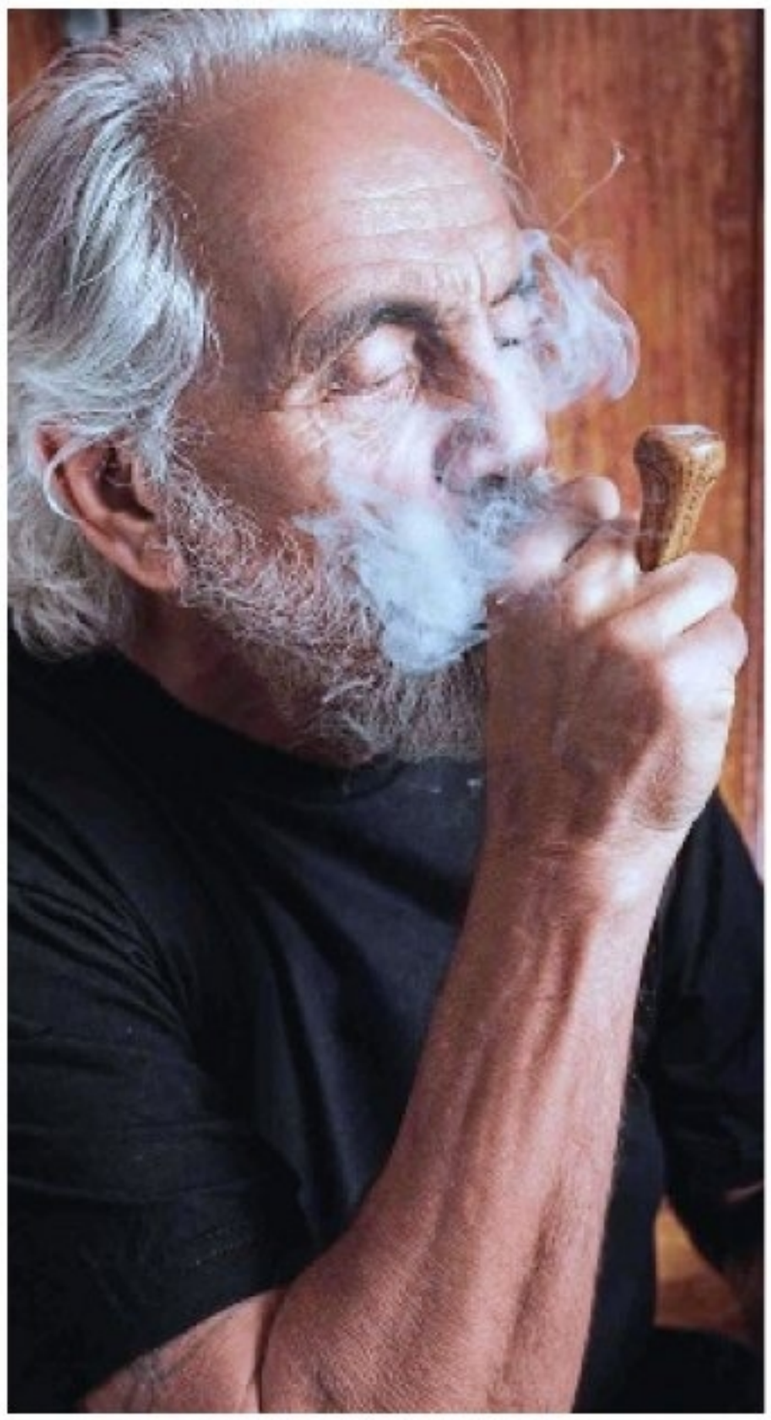
The age Tommy Chong says when he first tried pot at a Calgary jazz club where a bass player gave him a joint.

He credits marijuana for healing him of prostate and colorectal cancers and says only the big pharmaceutical companies could lose when it comes to the medicinal benefits of cannabis.

The 78-year-old Edmonton-born musician who became famous in the 1970s for his "stoner" comedy Up In Smoke with Cheech Marin says he first tried pot at age 17 at a Calgary jazz club where a bass player gave him a joint.

Chong says he doesn't see any downside to smoking pot except potheads have poor memories and that anyone who tokes up too much might sleep for four or five days.

THE CANADIAN PRESS



Comedian, musician and pot activist Tommy Chong says he intends to keep "priming the pump" until marijuana is legalized across the U.S. and in Canada. COURTESY NEIL VISEL/THE CANADIAN PRESS

CAMPAIGN

Wonder Woman to star in new UN role

The United Nations will name the comic book character Wonder Woman as its new Honorary Ambassador for the Empowerment of Woman and Girls.

The UN said in a statement Wednesday that Wonder Woman will be formally designated for the position at a ceremony on Oct. 21 at its New York headquarters.

DC Entertainment President Diane Nelson will accept the designation on behalf of the comic book, TV and film character.

The ceremony will also launch a campaign supporting gender equality and women's empowerment, one of the UN's global goals.

The event is sponsored by Warner Bros and DC Entertainment, who are partnering with the UN and UNICEF for a year-long campaign.

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Wonder Woman DC ENTERTAINMENT/THE ASSOCIATED PRESS

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CIVIL RIGHTS

Michael B. Jordan stars in race PSA

A searing new public service announcement starring Michael B. Jordan, Danny Glover and Michael K. Williams takes on the issue of racial bias in police shootings with a simple message: "Black is not a weapon."

The four-minute, black-and-white PSA features the actors up against a wall to a soundscape of news reports, TV commentators and 911 calls about police encountering black men. At one point, the screen goes dark to the sound of bullets.

Also appearing are TV personalities Van Jones and Marc Lamont Hill, artists Sophia Dawson and Sydney G. James, and rapper Mysonne. It's called Against the Wall.

Musician and civil-rights activist Harry Belafonte, whose social justice organization, Sankofa, partnered with directors Gerard Bush and Christopher Renz to create the video, also narrates.

THE ASSOCIATED PRESS

Michael B. Jordan. GETTY IMAGES

Jenner testifies at stalker trial

COURTS

Model claims she has 'never been so scared in my life'

Kendall Jenner testified Thursday at the trial of a man accused of stalking her that she was terrified when he followed her up the driveway of her Hollywood Hills home and repeatedly knocked on the window of her car.

The 20-year-old model and reality TV star used her hands to illustrate how she made frantic phone calls to friends after locking the doors and watching Shavaughn McKenzie until help arrived.

"I've never been so scared in my life," Jenner told the Los Angeles jury hearing the case against McKenzie.

Jenner also said she recognized McKenzie as the same person who had accosted her twice while she was driving outside a condo she owned in Westwood.

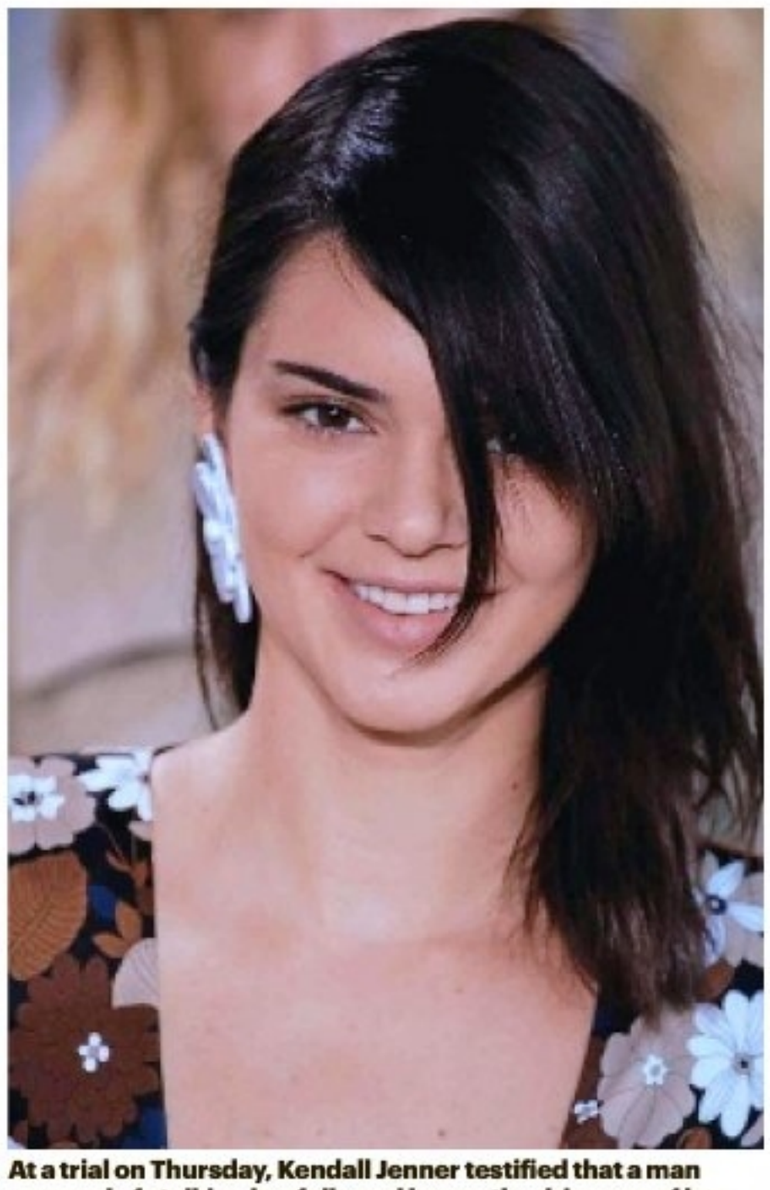
Jenner kept her composure through nearly an hour of testimony about McKenzie, 25, who was arrested in August outside her home and charged with misdemeanour stalking and trespassing.

He could face up to six months in jail if convicted of either charge.

McKenzie is a transient from Florida who has several trespassing convictions unrelated to Jenner. He stared at his lap or toward a wall on the opposite end of the courtroom throughout much of Jenner's testimony.

McKenzie's attorney Taylor Shramo told jurors during opening statements Wednesday that his client has a severe mental disorder and was unarmed and simply trying to talk to the model.

THE ASSOCIATED PRESS



At a trial on Thursday, Kendall Jenner testified that a man accused of stalking her followed her up the driveway of her home and knocked on her car window. THE ASSOCIATED PRESS

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‘My life was saved by a white man’: Lil Wayne

Lil Wayne has been criticized for saying there is ‘no such thing as racism.’ RICH FURY/INVISION/ASSOCIATED PRESS FILE

MUSIC

Rapper tells his side of controversial comment

Lil Wayne understands why some people criticized him for saying racism is over, but claims people don't see it from his perspective.

The rapper got some backlash last month when he told Fox Sports 1's Undisputed that there was "no such thing as racism" because his concert audiences had a lot of white fans. He also said millennials knew that racism wasn't cool.

When asked on Tuesday to expand on his thoughts, Lil Wayne told The Associated Press that one of the reasons he feels that way is because a white police officer saved his life when he was 12 years old after he accidentally shot himself in the chest.

"Yeah, he was a cop, and my life was saved by a white man. I don't know what racism is. I know a good (expletive) named Uncle Bob, though." Carter said.

The Grammy-winning rapper said he was lying on the floor when police broke down the door, stepping over his body looking for guns and drugs. But one man stopped and chastised the others for leaving him.

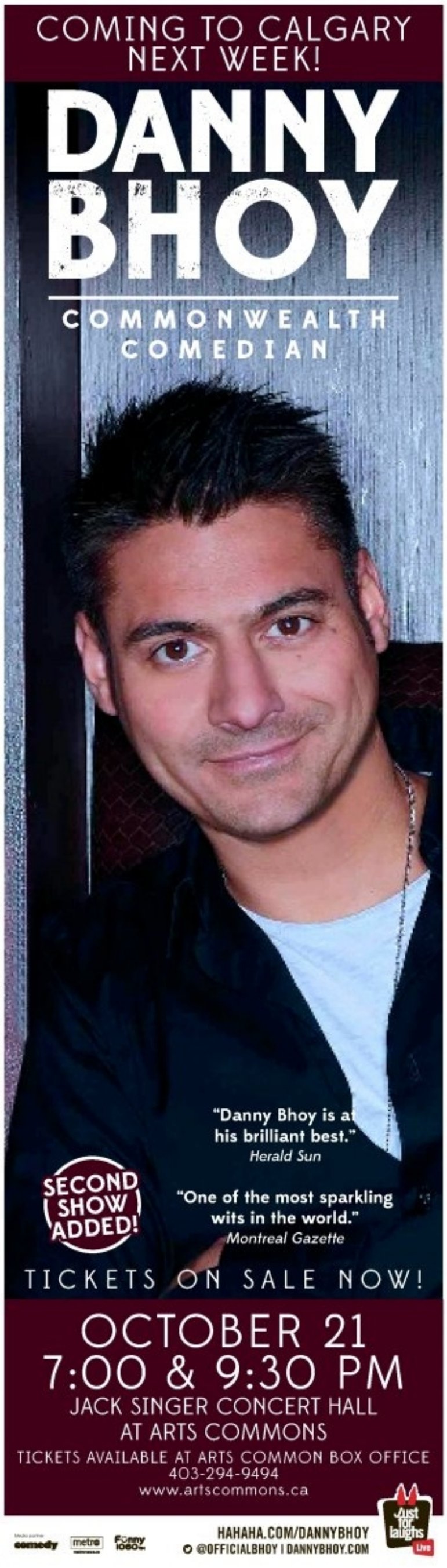
"He was white as snow. Them (expletive) that hopped over me were blacker than me," Carter said. He said the man known as "Uncle Bob" personally took him to the hospital and stayed with him.

"(He) stood there and waited until the doctor said 'He's gonna make it,'" Carter said.

Still, he acknowledged that despite what he told Skip Bayless on Undisputed, there is a such thing as racism. However, he says when he looks out from the stage, he sees all colours.

"It's the world out there. It's not a certain part or a certain kind or a certain culture or whatever of people, it's people — those people out there in that crowd," Carter said.

THE ASSOCIATED PRESS



Mysteries and dualities with McCormack

TRAVELERS

New show is about people who travel back in time

The first episode of the new sci-fi series Travelers is unlike most pilots you see on TV these days, teases Canadian star Eric McCormack.

The Toronto native plays one of several time travellers who go back to the 21st century via their consciousness and infiltrate the bodies of people in an effort to save humanity from a terrible future.

The show debuts Monday on Showcase in Canada but will be available on Netflix internationally starting in December. The partnership with the streaming service meant writers could slowly tease out the story.

"This speaks to the way television is being written nowadays," says McCormack, who splits his time between Vancouver and Los Angeles.

"You do a pilot and the network says, 'You've got to tell them everything. What if they don't show up next week? They have to know everything.'

"And now we're meting this stuff out little by little. Our first episode is fantastic, I'm really excited about it, but it's only going to give away so much."

The first episode of the Vancouver-shot Canadian series is a dark one, showing the deaths of several people who are immediately resuscitated and inhabited by the conscious minds of the travellers.

The host body of McCormack's time-travelling character looks like the former "Will & Grace" star himself, but we never get to see what he looks like in the future.

"In 300 years, I could be played by Brad Pitt, but you'll never see that because we can't afford it," quips McCormack.

The travellers are working together to prevent certain events from happening, while also trying to figure out the lives of the people they've inhabited.

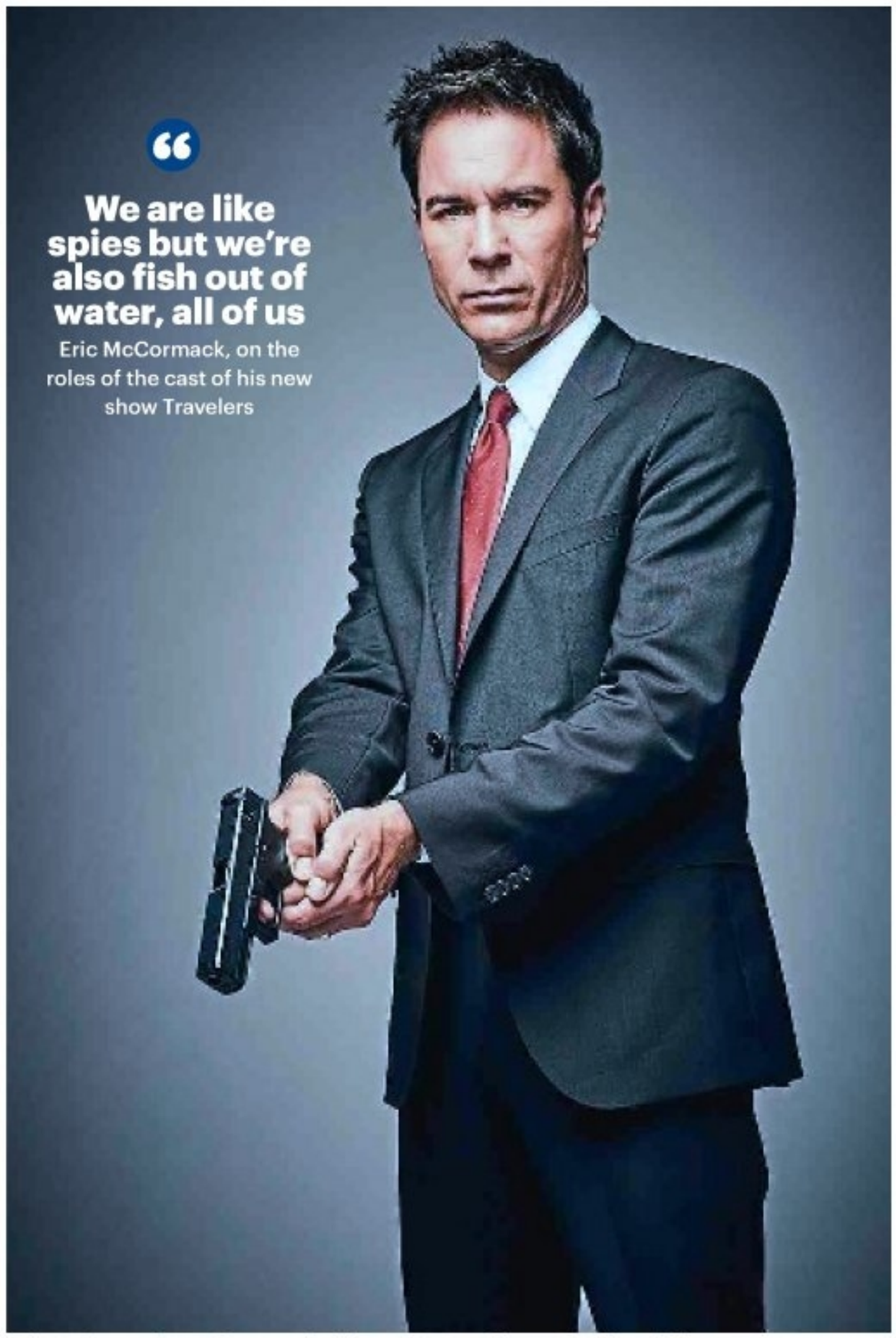
"We never quite know the details of our mission, we just have our piece, your little mission and it's a piece of a greater thing," says McCormack.

"But the fun thing is that we also get to, we have to, live the lives of the people whose bodies we basically infiltrate. So we are like spies but we're also fish out of water, all of us."

The cast members are essentially playing two characters at once, a duality McCormack says is "really fun."

"That's the part that feels to me like espionage, like The Americans. We, as an audience, know that they're this instead of this, but they cannot blow their cover. No one can know."

THE CANADIAN PRESS



Eric McCormack stars in new television series Travelers on Netflix and Showcase . HANDOUT

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AMVIC

metro TRAVEL

Your essential daily news

Alaskan village starts campaign to keep tourists out so they don't spook away walruses

EUROPE

This isn't your 19th-century composer's fancy-dress ball

Vienna, remixed

Megan Haynes
For Metro Canada

When people think of Vienna, they think of grandiose buildings, philosophical talks in coffee shops, grand balls and classical music — but that's changing.

Vienna, named the most livable city in the world seven times by consulting firm Mercer, is attracting and retaining more youth than ever.

While once Austrian millennials flocked to Berlin, today they're staying put in Vienna and starting their businesses there as well, creating a welcoming place for the under-30 set. Case in point: While each January Vienna plays host to hundreds of balls where patrons don formal wear and dance the night away, the Hip Hop Ball instead opts for a giant nightclub vibe.

The gala, which sees patrons mix floor-length gowns with street gear, brought in more than 200 people last year, says 27-year-old founder Sajeh Tavasolie.

This year, it's moved to a bigger venue (a 19th-century building traditionally used to house classical music performances) to accommodate demand. The ball mixes traditional hip-hop dance with Viennese waltzing, which most youth learn from a young age, creating a unique atmosphere patrons won't find anywhere else.

While Vienna is known for the hundreds of formal balls it puts on every year, the Hip Hop Ball provides a refreshing alternative. Vienna is retaining more of its youth that it once lost to the likes of Berlin, who are starting their own businesses and bringing new life to the city. LEFT: ©WIENTOURISMUS/MANFRED HORVATH, RIGHT: ANGELO KREUZBERGER

IF YOU GO

Save the date
The next Hip Hop Ball is taking place Jan. 28, 2017

Not to worry if you aren't around for ball season though — Vienna has surprising twists on classics all-year round.

Take Supersense, a coffeehouse that balances between traditional Viennese café and hipster hang-out. The café/store serves its espressos in a beautiful gilded baroque building. But wander into the back and everything old is new again: Shoppers can take a photo with the world's largest digital Polaroid, record a song in a make-shift studio booth made out of an old elevator cart and get their own record pressed, or even try their hand at the "scents lab," a kit that allows people to buy bottled smells. The idea is that the little capsules are to be broken at key moments people want to remember, so that they can build a scent memory.

No trip to Vienna would be complete without some orchestra. But rather than shell out hundreds for tickets to see a show in theatre, wander down to the Haus der Musik museum and take a teched-out tour of the classical music scene complete with holograms of Vienna's famous composers and a (creepy) motion-activated Mozart that mimics your facial movements.

At the end of the tour, visitors can conduct their own orchestra or score prime seats to enjoy a Beethoven/electronica remix.

Classical still permeates all facets of this Austrian city, but there's plenty of modern fixings for those looking for this kind of twist.

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Traversing the Trans-Canada Trail

Sandcastles around Lake Diefenbaker. The Saskatchewan portion of the Trans Canada Trail is 1,700 kilometres long. ISTOCK

SASKATCHEWAN

Prairie portion has both epic land and water routes

Standing on the banks of the South Saskatchewan River, near the Whitecap Dakota First Nation, presents a view of an endless river and a valley on either side.

It's one of the spots on the Trans Canada Trail that trail development manager Kristen Gabora says can leave visitors in awe.

"We opened the Chief Whitecap Waterway at Whitecap Dakota First Nation, and when you're standing on that riverbank and you're looking out, it's just the most beautiful, beautiful thing ever," said Gabora.

"The whole waterway is phenomenal."

The Chief Whitecap Waterway is the Trans Canada Trail's first paddling route in Saskatchewan.

It's just over 100 kilometres of water trail, running through the Whitecap Dakota First Nation from the Gardiner Dam on Lake Diefenbaker to the city of Saskatoon.

The waterway is part of about 1,700 kilometres of the Trans Canada Trail in Saskatchewan. The trail is connected through walking paths, waterways and on gravel country roads.

The idea of creating a trail that would link Canadians from coast-to-coast started in 1992. Since then, Trans Canada Trail, a not-for-profit organization, has been working with donors, governments and volunteers to create an epic trail on both land and water routes.

"The trail really is a living symbol of national collaboration, one that will continue to grow and flourish for generations to come," said Trans Canada Trail president and CEO Deborah Apps.

Every province and territory has its own stretch of the trail, which is owned and operated at the local level.

There are about 20,770 kilometres of trail across Canada so far and it's 87 per cent connected. Saskatchewan's section was announced as fully connected Oct. 1.

Some 40 rural municipalities in Saskatchewan got on board with the project and chose routes that link people to points of interest. They intentionally stayed off highways.

"We really wanted to keep people all about what Saskatchewan is and it's not about following a ribbon of highway," said Gabora.

"It's about following grid roads, which are like following the roads of the pioneers."

Standing on that dusty road that stretches forever, with farmland on either side, makes you wonder what the first settlers thought when they stood here, says Gabora. It must have been intimidating and inspiring at the same time.

"Everywhere you go on this trail, I think you get that feeling," said Gabora."You get the rich history of Saskatchewan. You get the feeling of our settlers. You get the feeling of our First Nations."

Work is also finishing up on a six-kilometre part of the Elbow Trail, running between the golf course in the village of Elbow and Lake Diefenbaker.

Gabora says it will be a must-see spot.

"It's very quiet. It's peaceful," she said.

"At times, you're up on an open hill, on an open prairie hill overlooking the lake (with) this beautiful vista. Then you come around a corner and you're in dense, dense trees and brush and you feel like you're in the middle of a forest. It's just unbelievable. There are so many different aspects to this trail.

The Trans Canada Trail website lists five must-see sections of the trail in Saskatchewan, including a bicycle-friendly stretch along the Louis Riel Trail that leads cyclists to the National Historic Site at Batoche, Riel's headquarters and the site of the last battle of the North-West Rebellion of 1885.

Gabora says Batoche is her favourite historical spot on the trail.

She also likes the sunset from the Saw-Whet Trail near Lumsden, just north of Regina, and says the Wakamow Valley Suspension Bridge in Moose Jaw is the "icing on the cake" for a trail with kids.

But it's hard to choose an overall favourite spot.

"I have been probably on every section of this trail and they are all so unique and they all pull at my heartstrings for different reasons," said Gabora.

THE CANADIAN PRESS

IF YOU GO

Online
You can explore the trail map at thegreattrail.ca, which has information for the trail for every region of Canada.

> **"I have been probably on every section of this trail and they are all so unique and they all pull at my heartstrings for different reasons."**
> Kristen Gabora

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Dakar to St. Louis: Road trip in Senegal

AFRICA

Busy streets, seaside villages and plenty of history

From dizzying Dakar to vibrant Saint-Louis, Senegal pulsates with rich culture, history and charm.

If you want to experience it all — from bustling cities to sleepy, seaside villages — hop in a rental car, charge up your favourite navigation device or app, brush up on your conversational French, and start your road trip across Africa's colourful western coast.

Goree Island is a UNESCO world heritage site. ISTOCK

Dakar for the art, music lover

Senegal's largest city perched on the tip of the Cap-Vert peninsula is an ideal starting place for your journey.

Spend the afternoons filling your suitcases with trinkets and T-shirts from the capital's many frenetic street markets. For a more serene shopping experience, head to La Galerie Antenna. This African art mecca boasts an impressive collection of sculptures, paintings, masks and jewelry from across the continent.

Rest up and head out after midnight to experience Dakar's thriving music scene at a local bar or club. After your late night, regroup by the beach at one of Dakar's luxury hotels.

While most of Senegal is surprisingly drivable, Dakar traffic is not for the faint of heart. Be prepared for a general disregard of road signs and discombobulating roundabouts. Some rental car packages include drivers or one can be arranged through your hotel. Or hop in taxis for short trips. They're abundant and inexpensive. Be sure to check rates with a local before hailing a ride and negotiate the fare with your driver in advance.

Goree Island for the history buff

An afternoon (at least) spent exploring the history and architecture of Ile de Goree is a must when visiting Dakar. The UNESCO World Heritage site was a shipping point for African slaves during the 16th through 19th centuries.

The island's most famous and sobering attraction, Maison des Esclaves (Slave House), has had many high-profile visitors, including President Obama in 2013.

It is now a museum and memorial site serving as symbol for the larger slave trade throughout Africa.

You can easily book a tour guide when you arrive, but the small, tranquil island is quite walkable on your own. Take in the scenic ocean views, colorful, crumbling architecture, shops and street vendors before dining on fresh fish at the hilltop restaurant, Dolce Vita.

Ferries leave regularly from Dakar's main port.

Saint-Louis for day trippers

Craving a quick trip outside the city? Head 320 kilometres north to the French colonial settlement Saint-Louis.

This lively fishing community connects to the historic city centre, a small island in the Senegal river brimming with colonial charm. Reminiscent of New Orleans, Saint-Louis boasts boutique hotels, trendy restaurants, galleries and an annual jazz festival.

Don't miss Senegalese designer Rama Diaw's boutique, which features colorful and wearable clothing and accessories for women.

If you have the time, head farther north to the lush wetlands of the Djoudj National Bird Sanctuary, another UNESCO World Heritage site.

THE ASSOCIATED PRESS

GLAMPING

Fathala Wildlife Reserve, with three-course meals and luxury air-conditioned tents is near the Gambia border.

- Excursions range from jeep safaris to mangrove boat tours.
- The attraction started as a conservation project for an antelope, the Giant Derby eland, but zebras and giraffes and one lone rhino can also be seen.

TRAVEL NOTES CEASING SELLING CAPTIVE-ANIMAL ATTRACTIONS, HEMINGWAY'S STUFF SAVED & NEW WEST MEMPHIS TRAIL

TripAdvisor takes stand on animal exploitation

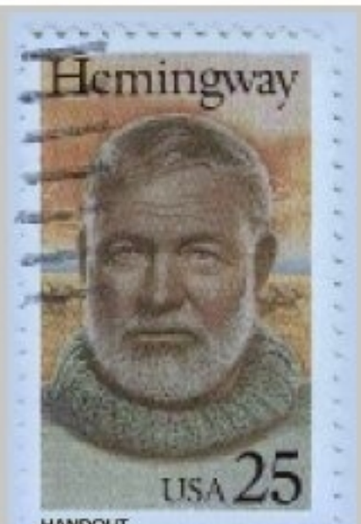
TripAdvisor says it's taking a stand against animal exploitation by no longer selling bookings to attractions where travellers can make physical contact with captive wild animals or endangered species. The policy was formed with input from tourism, animal welfare and conservation groups including the Association of Zoos and Aquariums.

THE ASSOCIATED PRESS

ISTOCK

US, Cuba step up efforts to save Hemingway artifacts

Ernest Hemingway was a pack rat who saved everything. Fortunately for fans of the literary icon, U.S. and Cuban officials and scholars have been working together to preserve artifacts at his former estate in Cuba — items they say will help illuminate his colorful legacy. Hemingway threw little away, effectively leaving behind a rich archive that includes his passport and Christmas cards. THE ASSOCIATED PRESS



HANDOUT

Construction set to begin on trail in West Memphis

Crittenden County officials said a proposed walkway along the Mississippi River wetlands will generate more tourism revenue to West Memphis and encourage industrial development. The city will begin developing the Delta River Regional Trail for pedestrians and bicyclists on the city's east side in November.

THE ASSOCIATED PRESS

Thousands come each year to the valley where Frank Lloyd Wright built his home and tested his ideas about building in harmony with nature. TALIESIN PRESERVATION INC.

Cheese curds and Frank Lloyd Wright

WISCONSIN

Famous architect spent summers on uncle's farm

Walking around Madison, Wisconsin, you might feel a sudden sharp pain in your leg, but it's probably just a pocketful of toothpicks from all the cheese curds you've sampled at the farmers market. Chalk it up to one of those 'Welcome to Wisconsin!' moments, starting with a display of orange cheesehead gear — worn by fans of the Green Bay Packers — that will greet you at Milwaukee's airport. Later, you get these directions to a cheese store: "Take a right and look for the cow."

You'll spend as much time admiring the Milwaukee Art Museum outside as you will looking at the art inside. From one angle, the white, winged Santiago Calatrava-designed building on the Lake Michigan waterfront looks like a bird in flight. From another angle, it's a ship setting sail. Inside, white ribs form a futuristic tunnel with a lake view.

But don't forget the art: the spooky hooded figure of Saint Francis of Assisi in His Tomb; an excellent Georgia O'Keeffe collection, including a striking photo of her shot by her husband Alfred Stieglitz; and a suitcase propped open on the floor, an untitled work by Robert Gober that reveals an entire subterranean world.

It's so crowded at the Dane County Farmers' Market that you can't choose which way to walk. You can only flow with the sea of humanity in one direction past tables overflowing with fruits, veggies, flowers, baked goods and of course, cheese curds, those squeaky bits of fresh cheese goodness, in flavours ranging from dill to Sriracha. The market runs Saturdays until 1:45 p.m. through Nov. 5 around the state capitol,

then moves indoors to Madison's Monona Terrace, Saturdays Nov. 12-Dec. 17.

Drive to nearby Middleton for a quick stop at the National Mustard Museum (free admission, goofy mustard-inspired art and every type of mustard imaginable). Then rent a bike for a ride around Lake Monona. The lake trail often detours from the waterfront and it's hilly (you thought the Midwest was flat?). But exercise will feel good after eating all that cheese.

America's most famous architect, Frank Lloyd Wright, spent his teenage summers working on his uncle's Wisconsin farm. You can see how that landscape of farms and rolling hills influenced Wright's style and esthetics at Taliesin, his house and estate in Spring Green.

Wright set out to replace the vertical boxy shape that dominated home design in the late 19th and early 20th centuries with modernist structures that flowed horizontally like the Midwestern prairie.

Taliesin was a lab for his ideas: open floor plans rather than walled-off rooms, large windows with expansive views and a structure built to suit the terrain. House tours are offered daily through Oct. 31 and Friday-Sunday through November.

Taliesin was also the site of a shocking crime: A house employee murdered Wright's mistress and six others in 1914 and set fire to the house. But Wright was resilient. He rebuilt and kept going. New York's Guggenheim Museum, was being built when he died at age 89 in 1959.

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Jays hang loose amid post-season pressure

MLB PLAYOFFS

Cleveland won regular-season series 4-3

A loose bunch of Blue Jays wasted little time making some changes to their Progressive Field home away from home for the American League Championship Series with Cleveland.

With the clubhouse closed to the media during the post-season, it was up to centre-fielder Kevin Pillar to partially spill the beans.

"All of our name plates have been changed from our normal names," Pillar said as the Toronto players met reporters in a stadium restaurant ahead of Game 1 Friday with the Indians. "I wasn't in there during it but someone's given everyone nicknames already. Not the nicest of nicknames but that's just how we are — we keep it loose, we keep it fun.

"No one is safe, whether you're the MVP, a multiple-time all-star or the rookie sitting across. Everyone's got free rein to say what they want and do what they want and that's what makes the environment so fun."

Could Pillar reveal his nickname? How about any nickname?

"No, not sharing them," Pillar said, vigorously shaking his head.

Staying loose is nothing new for the Blue Jays, who are trying to make the most of the post-season moment after falling two wins shy of the World Series last season.

Jason Grilli, left, and Marcus Stroman share a laugh during the Blue Jays' extra-innings victory over the Rangers on Sunday in Toronto. VAUGHN RIDLEY/GETTY IMAGES

"Enjoy (it)," veteran shortstop Troy Tulowitzki said Thursday. "That's what I try to tell all these young guys on the team. It's not easy to get here. For it to be our second year in a row speaks volumes about the guys on this team."

> **"I think our heads are in a good place.**
> Jose Bautista

Having recovered from a 3-9 start to September, they fought their way into the playoffs, survived the wild-card hurdle and swept Texas in the AL Division Series.

The Indians present a considerable challenge.

Cleveland won the AL Central before sweeping the Boston Red Sox.

The Indians can manufacture runs with their bats and speed, ranking fourth in the majors with 134 stolen bases (Toronto was 25th with 54). Andrew Miller and Cody Allen lead a more than capable bullpen.

The Jays swung for the fences, ranking fourth in the majors with 221 home runs (Cleveland was 18th with 185). Toronto's starting rotation, meanwhile, led the AL in ERA (3.64) and opponents' average (.236) among other categories.

In fact, the Jays were the only AL team whose starters' ERA was under 4.00 (Cleveland was next at 4.08). THE CANADIAN PRESS

ALCS head to head

How Toronto and Cleveland stack up positionally TORSTAR NEWS SERVICE; PHOTOS BY GETTY IMAGES

1 Starters

No one has as much depth in their four-man rotation as do the Blue Jays. Toronto's starters are a combined 55-22. The Indians have a Cy Young candidate in Corey Kluber, plus Trevor Bauer and Josh Tomlin, but they lost RH Danny Salazar and RH Carlos Carrasco to injury. **EDGE: Toronto.**

2 Bullpen

RH Jason Grilli and RH Joe Biagini, plus LH Brett Cecil are the main setup men for 21-year-old closer Roberto Osuna. But the Indians have a versatile, elite bullpen with closer Cody Allen and lefty setup man Andrew Miller. **EDGE: Cleveland.**

3 Lineup

The Toronto lineup has bounced back in the post-season to strike fear in the hearts of opponents. Of the 21 playoff home runs hit in the AL this year, 10 have been hit by the Jays. Cleveland has great balance, with five switch-hitters and three left-handed bats. **EDGE: Even.**

4 Intangibles

The Jays have the home-crowd advantage, with a raucous atmosphere that fuels them. The Jays are 9-4 in their past 13 playoff games. Cleveland's Terry Francona is 31-18 record as a manager in the post-season. **EDGE: Jays. PICK: Jays in seven.**

MLB PLAYOFFS TENSE GAME 5 FOR DODGERS, NATIONALS Joc Pederson, right, of the Los Angeles Dodgers celebrates with third-base coach Chris Woodward after hitting a solo home run in the seventh inning against the Washington Nationals during game five. For the result of this game and more visit metronews.ca. ROB CARR/GETTY IMAGES

Lester ready but Cubs face Hendrick sweat

MLB PLAYOFFS

If pitcher is fit he will likely start Game 2, Arrieta Game 3

Jon Lester is all set for Game 1 of the NL Championship Series on Saturday night. The rest of the Chicago Cubs' rotation depends on the health of Kyle Hendricks.

Hendricks left Game 2 of the Division Series against San Francisco when a comebacker went off his right forearm in the fourth inning. He had a bullpen session Thursday, and the Cubs are waiting to see how he feels before confirming the major league ERA leader for Game 2 on Sunday night.

"Just finding out where Kyle is. Just making sure that he's healthy," manager Joe Maddon said. "He threw today. You always wait a little bit to find out if there's any after-effect of that and then you make your determination. But that's about it, just health."

Jon Lester will start for the Cubs in Game 1 of the NLCS on Saturday. NAM Y. HUH/THE ASSOCIATED PRESS

Hendricks is coming off a breakout season, going 16-8 with a 2.13 ERA this year that included a 9-2 record and 1.32 ERA in 15 home games.

Assuming Hendricks comes through the bullpen session just fine, he likely would be followed by Jake Arrieta in Game 3 and then John Lackey.

The four playoff starters combined for 64 of Chicago's major league-leading 103 wins this season, and it sounds as if the Cubs feel they will be OK no matter how it shakes out.

"I have a lot of faith in our guys. They've been doing it all year," Maddon said on a brisk day at Wrigley Field. "They're absolutely rested going into this moment, so I feel very strongly about our starting pitching."

The only major question for Chicago is its NLCS roster. The Los Angeles Dodgers and Washington Nationals played Game 5 of their NL Division Series on Thursday night, and the winner could affect how many pitchers the Cubs carry for the next round. "We debated 11 pitchers versus 12 a lot before that last series, and I'm sure that'll be the same debate," general manager Jed Hoyer said.

"Which way we end up going I'm not sure. There was parts of the last series that pushed for both, really. There were moments that you were glad you had the extra position player. There were moments you wanted the extra pitcher."

Chicago was nearly pushed to a decisive Game 5 by San Francisco, but the Cubs rallied for four runs in the ninth inning of their series-clinching 6-5 victory on Tuesday night. THE ASSOCIATED PRESS

NCAA BASKETBALL

Kansas Jayhawks striving for perfection

The expectations at Kansas begin with conference championships.

They hardly end there.

The Jayhawks have rattled off a dozen of those in a row, and Big 12 coaches unanimously predicted Thursday that they will add another to the streak this season. But they haven't been to the Final Four since 2012, an eternity for a blue-blood program like Kansas, and are seeking their first national championship since 2008.

Those are the expectations now.

"Any team I've played on has always had high expectations," said five-star recruit Josh Jackson, perhaps the leading candidate to be the No. 1 overall pick in next year's NBA draft. "And I love to win, so I'm always going to have high expectations for myself and my teammates."

Just how high? How about a perfect record to go along with that national championship.

"We're not predicting a 40-0 season, that's just what we're striving for. That's what we're trying to get to," Jackson explained. "If you don't believe it, you'll never get to it. That is what every team is shooting for."

Josh Jackson THE ASSOCIATED PRESS

Kansas coach Bill Self shook his head at the thought of a perfect record, especially considering a non-conference schedule that includes Indiana in Hawaii followed by Duke in New York - four days apart.

But he also believes the Jayhawks have a legitimate chance to compete for a national title.

"Young kids haven't been through it enough. They don't know how hard it is to win," Self said during the program's annual media day. "But I will say this: I really think this team's goal when they play that night, their goal should be to win every game. I don't think that's an unrealistic goal." THE ASSOCIATED PRESS

Blake Wheeler and Mark Scheifele celebrate Thursday's win in Winnipeg. JOHN WOODS/THE CANADIAN PRESS

Jets come roaring back

NHL

Key acquisitions come through in Winnipeg opener

THURSDAY In Winnipeg

5	4
JETS	CANES

Mark Scheifele scored at 2:41 of overtime as the Winnipeg Jets came back from a 4-1 third-period deficit to defeat the Carolina Hurricanes 5-4 on Thursday.

Scheifele took a pass from captain Blake Wheeler, who had a goal and pair of assists, and shot the puck past Hurricanes goalie Cam Ward.

Jets rookie Patrik Laine also scored his first NHL goal and added an assist.

The crowd roared when Laine, the second overall pick in this year's NHL entry draft, scored on the power play in the third period to close Carolina's lead to 4-3. Rookie and Hobey Baker award finalist Kyle Connor assisted on the goal.

Jets veteran Mathieu Perreault made it 4-4 at 18:31 to force three-on-three overtime, with Laine assisting on the winner.

Winnipeg free-agent signing Shawn Matthias also scored.

Jeff Skinner and Lee Stempniak each scored a goal and added an assist for Carolina. Jordan Staal and Victor Rask also scored for the Hurricanes, who were playing the first game of a six-game road trip to open the season.

Connor Helleybuyck stopped 23 of the 27 shots he faced for Winnipeg. Ward made 21 saves for Carolina, which scored twice on the power play.

The teams were tied 1-1 after the first period, but Carolina held a 3-1 lead heading into the final period.

THE CANADIAN PRESS

IN BRIEF

Habs hold steady sans Price

Brendan Gallagher scored twice, including a tip-in on Shea Weber's shot, in leading the new-look Montreal Canadiens to a 4-1 season-opening victory over the injury-depleted Buffalo Sabres on Thursday night.

Al Montoya made 30 saves in place of starter Carey Price. Andrew Shaw, who was acquired in a trade with Chicago and Torrey Mitchell also scored for Montreal.

THE ASSOCIATED PRESS

Johnson lifts Lightning

Tyler Johnson scored a go-ahead power-play goal off a nifty pass from Steven Stamkos midway through the third period and the Tampa Bay Lightning beat the Detroit Red Wings 6-4 in the season opener for both on Thursday night.

Tampa Bay also got goals from Jonathan Drouin, Cedric Paquette, Brian Boyle, Alex Killorn and Valtteri Filppula.

THE ASSOCIATED PRESS

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Fascinating face off awaits

NFL

Sherman-Jones duel will likely light up Falcons versus Seattle

As his career has progressed, Seattle's Richard Sherman has become more adept at shadowing a specific wide receiver instead of concentrating on covering one side of the field.

He mays have quite the challenge coming up Sunday: Atlanta's Julio Jones, just two weeks removed from racking up 300 yards receiving against Carolina.

"I watch the wide receiver play in Julio, he's one the very greatest football minds at his position. He has a real understanding of the game, the coverage, the leverage and that was one of the things when I first met Sherm," said Atlanta head coach and former Seattle defensive co-ordinator Dan Quinn.

"I was so impressed with his football knowledge growing stronger through the years. That'll be a classic matchup that we're looking forward to being a part of."

Yes, even the coaches are excited to see how this one plays out. While it's not certain Sherman will match up on Jones exclusively, there have been plenty of assumptions this week that will be the case. And should they face off, there won't be any acrimony. Jones and Sherman have become friends off the field after meeting at the Pro Bowl.

Richard Sherman GETTY IMAGES

"He's a fascinating dude," Sherman said.

Once criticized for only playing left cornerback, Sherman has taken on more responsibility for following the opponent's top wide receiver in recent seasons. Among those he's chased around are Dez Bryant, Antonio Brown, Torrey Smith, A.J. Green and two weeks ago, Brandon Marshall.

Jones said he doesn't know what to expect from the Seahawks. "I'm not calling anyone out or anything; nor am I going to shy away from competition."

THE ASSOCIATED PRESS

Julio Jones. GETTY IMAGES

IN BRIEF

Phelan given Hull job
Mike Phelan was hired Thursday as the permanent manager of Hull, taking over the full-time job after serving on an interim basis for the first seven games of the Premier League season.

Hull said Phelan is the full-time replacement for Steve Bruce, who left the club before the start of the season. THE ASSOCIATED PRESS

Piercy breaks course record
Scott Piercy began the new PGA Tour season by setting the course record at Silverado, a 10-under 62 for a two-shot lead Thursday in the Safeway Open.

Paul Casey shot a 64 to sit in second place.

THE ASSOCIATED PRESS

Newton may play vs. Saints
Panthers quarterback Cam Newton was a full participant in practice Thursday, another indicator the league's reigning MVP will likely play Sunday against the New Orleans Saints.

Coach Ron Rivera said that while Newton remains in the NFL's concussion protocol, it is a positive sign the pivot trained. THE ASSOCIATED PRESS

Chelsea confirm Nike deal
Nike will become Chelsea's official sportswear supplier next season in what the English Premier League club says is the "largest commercial deal" in its history. Chelsea said it has a "long-term agreement" with Nike. THE ASSOCIATED PRESS

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RECIPE Chickpea and Spinach Stew

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe yields a lot of hearty soup, which is good news as the flavours deepen even more when you warm up the leftovers.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 6

Ingredients
- 2 onions, chopped
- 2 to 3 Tbsp vegetable oil
- 3-inch piece of ginger, grated or minced
- 4 cloves of garlic, minced
- 2 or 3 big handfuls of baby spinach, washed and stems trimmed
- 2 tsp turmeric
- 1 tsp cumin
- 1/2 tsp ground coriander
- 1/2 tsp cayenne (optional)
- 1 x 28 oz can tomatoes
- 1 x 28 oz can of chickpeas
- 1 cup water
- Pinch of salt

Directions

1. Sauté onions and pinch of salt in oil until they are quite soft, about 10 minutes. Add garlic and ginger and stir for about a minute or two. Add spices and cook for another minute.

2. Add chickpeas and tomatoes. Use the back of a spoon to break up the tomatoes. Add the water and bring to a boil. Add the spinach, reduce heat and simmer for about 15 minutes.

3. Serve over rice and with a dollop of plain yogurt on top.

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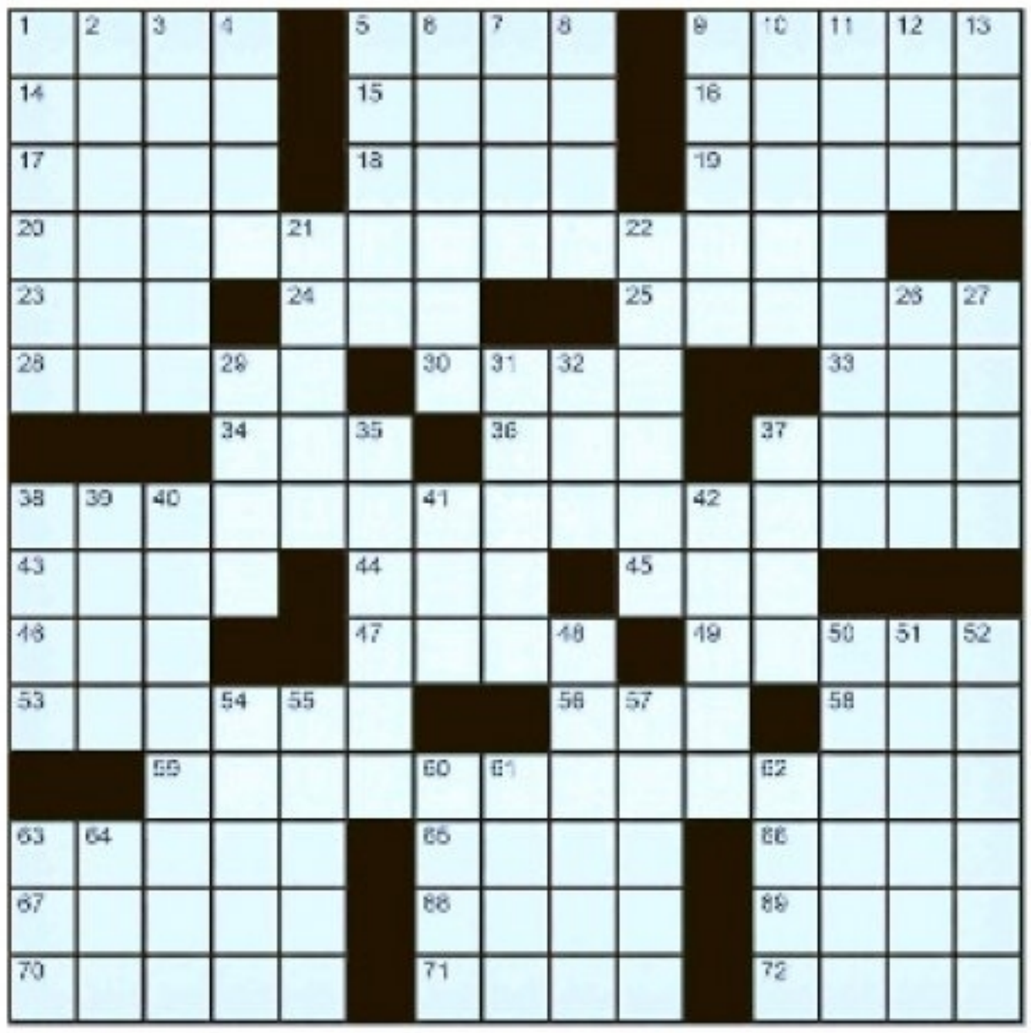
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Pre-DVD machines
5. Prompted the thespian
9. Not glossy
14. Zeno of __ (Ancient Greek philosopher)
15. As soon as...
16. Walk __ line
17. Lion's sound!
18. Ms. Sorvino
19. Jams in
20. Neil Young song where "it's so noisy at the fair": 2 wds.
23. Author Ms. LeShan
24. Singer Janis
25. More less asleep
28. Church council
30. Swedish car
33. Saskatoon's airport code
34. CFL official
36. Ancient war god
37. "Arriba" is a 1999 hit for what Canadian dance music singer?
38. Tune penned by #59-Across that goes "There is no end to what we can do together...": 4 wds.
43. Large land lot
44. Mined mineral
45. Bitty battery
46. Him, in Hull
47. Monthly abode payment
49. Ms. Stefani's
53. Francia's neighbour in Europa
56. Ms. Arden
58. Ms. Michele
59. Rock legend who Neil Young is opening for at this weekend's Desert Trip music festival in Indio, California: 2 wds.
63. "Grease" (1978) gang member
65. Amazed reactions
66. Conceal
67. Mountain chain
68. Merle Haggard's "__ from Muskogee"
69. Vigour, for short
70. Longing-for sounds
71. Kiki and Sandra
72. Positive gestures

DOWN
1. Poetic lines
2. Overcast
3. Carter's presidential successor
4. Ms. Gilbert
5. 'Winnipeg, Manitoba' has one
6. Marriages, for example
7. Nylons hue
8. Hollywood icon James
9. Parrot variety
10. Glass-ceiling lobbies
11. Two words of gratitude
12. Mr. Burton
13. Nav. designation
21. __ bicycle (Travel on two wheels)
22. Latin 'blank slate', __ rasa
26. Corporate honcho, briefly
27. Stink, strongly
29. "What's Hecuba to him __ __ to Hecuba..." - Hamlet
31. "__-hut, soldiers!"
32. Small island
35. __ arrangement (Aromatic centrepiece)
37. Nicknamed 'Hunger Games' actress
38. Corduroy line
39. Post-op locales
40. Concert album of 1990 by #59-Across: '__ the Live Fantastic'
41. Dublin's wee locale
42. Raring to go
48. Electronics whiz
50. Warm ocean current: 2 wds.
51. Required
52. Gale __, role in football biopic "Brian's Song" (1971)
54. Irritated pirate's noise!
55. Sans-clothing paintings
57. Flowers displayers
60. State of mind
61. Cola brand
62. In that case...
63. 'Sharknado' movies actress ...her initials-sharers
64. Actress Ms. Ling

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a challenging day! Relationships with partners and close friends are unpredictable. Some relationships might even end. Clashes with authority figures are intense. (Yikes!)

Taurus April 21 - May 21
Your work routine will be interrupted with computer crashes, equipment breakdowns, canceled meetings or fire drills. It could be anything. Avoid touchy subjects, because people are ready to quarrel.

Gemini May 22 - June 21
This is an accident-prone day for your kids, so be extra vigilant. Arguments about the care and education of children, shared expenses or the division of labor might arise.

Cancer June 22 - July 23
Family squabbles are likely today, because something at home will occur unexpectedly. Small appliances might break down or minor breakages could occur. Have patience!

Leo July 24 - Aug. 23
This is an accident-prone day for your sign, so pay attention to everything you say and do. Think before you speak. Avoid arguments with co-workers.

Virgo Aug. 24 - Sept. 23
Something to do with your cash flow or your finances will surprise you today or catch you off guard. Double-check everything. Financial squabbles with your kids or a romantic partner might occur.

Libra Sept. 24 - Oct. 23
Discussions are heated today because people are obsessed about whatever concerns them. Furthermore, you or someone else might demand more freedom in relationship

Scorpio Oct. 24 - Nov. 22
This is a tough day because you feel restless and indecisive. Too many things are going on. Instead of being frazzled, be patient and diplomatic when talking to others.

Sagittarius Nov. 23 - Dec. 21
You might be upset with a friend today or with your interaction with a member of a group. This could be because something unexpected occurs. Don't overreact.

Capricorn Dec. 22 - Jan. 20
Conversations with bosses and authority figures might upset you today. Perhaps someone will say something that throws you a curveball. Be careful. Don't quit your day job.

Aquarius Jan. 21 - Feb. 19
Travel plans will be delayed, canceled or rescheduled today. Ditto for school plans for many of you. Just cope as best you can

Pisces
Feb. 20 - March 20
Make friends with your bank account because something unexpected will affect your finances. Get all your facts first before you decide what to do. Don't just shoot from the hip with guesswork.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	4		8	6			5	
9						8		7
	3							
			6		3			1
4				1				2
6			2		9			
							7	
7		1						8
	2			3	4		1	

STAND UP FOR JESUS

The pursuit of mundane things of life has made many to lose their identities in Christ They have succumbed to denying Jesus and that was why He said, "But whosoever shall deny me before men, him will I also deny before my Father which is in heaven." (*Matthew 10:33*). Have you denied Jesus? Or you are yet to even surrender your life to Him; this is the right time to reconcile with your maker.

For prayers and counseling call the pastor at 587-579-0454

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

7	5	3	6	8	9	2	4	1
2	1	9	4	3	7	5	8	6
8	4	6	5	1	2	9	7	3
4	3	7	2	9	1	8	6	5
6	2	8	7	4	5	1	3	9
5	9	1	8	6	3	4	2	7
3	7	5	9	2	8	6	1	4
1	6	2	3	5	4	7	9	8
9	8	4	1	7	6	3	5	2

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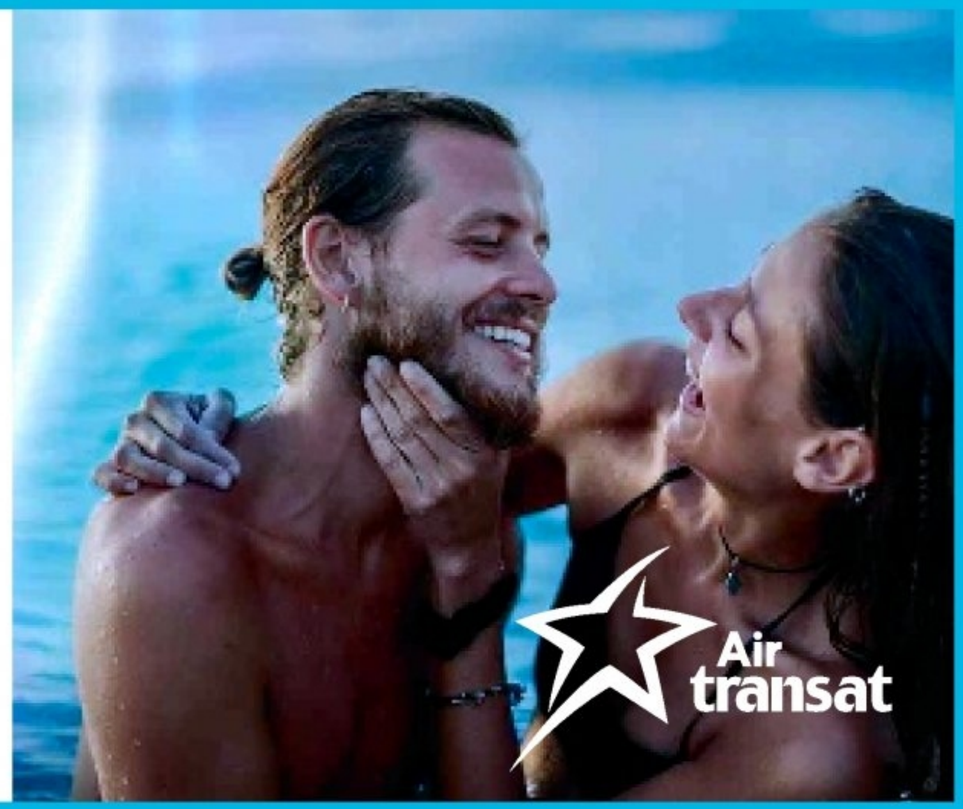

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